



### How The Program Works

The Michigan Tobacco Quitlink offers free information, tobacco treatment referrals, an online program, and text-messaging 24 hours a day, seven days a week, at: 800-QUIT-NOW (800-784-8669) in English or 855-DEJELO-YA (855-335-3569) in Spanish

Free counseling and nicotine replacement therapy (NRT) may be available to certain callers. Special offerings include programs for prenatal and youth commercial tobacco users. Counseling is available in English, Spanish and Arabic.

Choose the best program for you based on your style of communication and the level of support you're seeking.

- Phone + Online
- Phone Only
- Online Only

The Quitline helps you with the physical, emotional, and behavioral factors that make quitting so hard. We'll help you:

- Set a quit date
- Tell other people about your quit
- Anticipate and prepare for triggers
- Get back on track after setbacks
- Remove tobacco from your life

Please visit the Michigan Quitlink for more information and resources on LBGTQ+, Prenatal Michigan and Smokefree VET smoking cessation: <https://michigan.quitlogix.org/en-us/>

### Tobacco Quitline Numbers:

Korean: 800-556-5564  
Vietnamese: 800-778-8440  
Chinese, Cantonese, & Mandarin: 800-838-8917  
American Indian: 855-372-0037

### OTHER RESOURCES

American Cancer Society: 1-800-227-2345  
[www.cancer.org/healthy/stay-away-from-tobacco](http://www.cancer.org/healthy/stay-away-from-tobacco)

American Lung Association: 1-800-LUNGUSA  
[www.freedomfromsmoking.org](http://www.freedomfromsmoking.org)

American Heart Association:  
[www.americanheart.org](http://www.americanheart.org)

Michigan Department of Health & Human Services: [www.michigan.gov/tobacco](http://www.michigan.gov/tobacco)

Centers for Disease Control & Prevention: [www.smokefree.gov](http://www.smokefree.gov)











Become an Ex: [www.becomeanex.org](http://www.becomeanex.org)

Truth Initiative: [www.thisisquitting.com](http://www.thisisquitting.com)

Text QUIT to 706-222-QUIT to leave JUUL or your e-cig

Text QUITNOW to 202-759-6436 to quit cigarettes

### 10 FREE SMART PHONE APPS

- |  |   |
|--|---|
|  MyQuit Coach |  Quit Start                  |
|  Quit Guide   |  Stay Quit Coach             |
|  QuitNow!     |  Quit Tracker                |
|  Smoke Free   |  EasyQuit                    |
|  Kwit         |  Quit It: Stop Smoking Today |

Please visit your app store for more information.

May 2026

# Want to QUIT SMOKING?

## We can help!



## Tobacco & Vaping Cessation RESOURCE GUIDE

### LIVE WELL

**District Health Department #10**



## TOBACCO TREATMENT PROGRAM

DHD#10's Tobacco Treatment Program is a FREE, individual or group program, where a trained Tobacco Treatment Specialist assists you on your journey to quit tobacco. What we do to help you succeed at becoming tobacco free:

- Help you understand the effects of tobacco and nicotine on your health and support you as you make a personal plan to quit
- Answer your questions and provide information and resources, develop a personalized quit plan and support you on your journey to quit
- Work with your healthcare provider and give recommendations for Nicotine Replacement Therapy (NRT) (to you and your provider)
- Help to determine insurance coverage for NRT and/or identify other options
- Inform you of other available support services and provide referrals, when appropriate
- Follow-up calls after you have completed the program
- Keep all information and conversations confidential

For more information email: [Quittobacco@dhd10.org](mailto:Quittobacco@dhd10.org) or contact your Local DHD#10 office.

## TEN COUNTY SERVICE AREA



<b>Crawford County</b>	Ph: 989-348-7800
<b>Kalkaska County</b>	Ph: 231-258-8669
<b>Lake County</b>	Ph: 231-745-4663
<b>Manistee County</b>	Ph: 231-723-3595
<b>Mecosta County</b>	Ph: 231-592-0130
<b>Missaukee County</b>	Ph: 231-839-7167
<b>Mason County</b>	Ph: 231-845-7381
<b>Newaygo County</b>	Ph: 231-689-7300
<b>Oceana County</b>	Ph: 231-873-2193
<b>Wexford County</b>	Ph: 231-775-9942

E-Fax: 231-305-0005

[quittobacco@dhd10.org](mailto:quittobacco@dhd10.org)

Please scan the QR Code to access the DHD#10 Self-Referral Form.



For more local health information, please visit: [www.livewell4health.org](http://www.livewell4health.org)



## OTHER COMMUNITY TOBACCO TREATMENT SPECIALISTS



Tobacco and Nicotine Treatment Program:

Corewell Health Lifestyle Medicine is pleased to offer tobacco and nicotine treatment services at no cost for patients and community members. Our programs are all virtual and led by trained Tobacco Treatment Specialist/Health Coach and are available for anyone who is ready to quit, just wants to learn more in a supportive, no-pressure environment, or is looking for ongoing support after quitting. Many have successfully quit using our evidence-based programs and we boast a 29% quit rate.

You, too, can enjoy the many rewards and benefits of a tobacco-free future. We're here to support you each step of the way. For more information or to sign up, please contact us: 616-486-QUIT or go to our online registration center at [Tobacco and Nicotine Treatment Services \(onlineregistrationcenter.com\)](http://TobaccoandNicotineTreatmentServices.onlineregistrationcenter.com).

# MY LIFE MY QUIT

A FREE, confidential service for teens who want help quitting all forms of tobacco including vaping and e-cigarettes. Teens receive one-on-one coaching sessions, educational materials, and support by phone, text, or online chat.

For more information, or to sign up:

Call or text "Start My Quit" to 855-891-9989



**West Shore Community College**

Julie Page Smith

231-843-5949

[jsmith@westshore.edu](mailto:jsmith@westshore.edu)