



Resources to Help you Break Free from Tobacco Dependence and Reduce Exposure to Secondhand Smoke

If you are one of the millions of people who want to quit using tobacco, there are several helpful resources available in Jefferson County and the Denver area. Whether you are looking for a fresh and healthier spring, in need of some support sticking to your New Year's Resolution, or are just considering quitting, there are resources available.

Note: this list is not intended to be all inclusive, or an endorsement of these resources, but offers a variety of choices for those interested in quitting or staying free from tobacco.

- Getting Ready to Quit Class – this free class sponsored by Jefferson County Public Health is designed to help you explore the latest strategies and resources to plan for and quit successfully. Classes are offered at various times. Please call 303-275-7565 for more info and to sign up.
- Nicotine Anonymous – 12-Step program meets weekly in various locations.
 - Thurs. 6:30 pm & Sun 12:30 pm, Our Savior Lutheran, 920 Emerson St., Denver - info: 303-726-4630
 - For more information visit www.nicotine-anonymous.org or call (303) 777-0299.
- 1-(800) QUIT NOW – Colorado Quitline - free phone coaching over multiple sessions to help you quit with a trained cessation specialist. Includes help to get nicotine patches.
- www.MyQuitPath.com a Colorado's web-based support for people seeking help with and resources for quitting tobacco.
- Text 4 Baby and Me – Text message “BABY” to 511411 to get free weekly text messages phone to help you through your pregnancy and your baby's first year.
- www.fixnixer.com -support your quit attempt with a customizable, online and text messaging quitting tool. This 21-day program is anonymous and free.
- www.becomeanex.org - website designed to help you re-learn life without cigarettes and is based on the experiences of successful quitters.
- www.smokefree.gov – a website to help you or someone you care about quit.
- www.healthy-baby.org – a website about the campaign to promote healthy behaviors of women before, during and after pregnancy.
- www.womenshealth.gov/quit-smoking - website sponsored by The National Women's Health Info Center offers practical cessation tools, reasons to quit, facts about secondhand smoke, and information for teens and parents.
- www.quitdoingit.com – cessation information website that links to great resources.
- www.raisesmokefreekids.com - website focuses on secondhand smoke and health issues associated with smoking and kids.
- www.epa.gov/smokefree/pledge/index.html - Whether you've quit or not, you can pledge to keep your home and auto smoke-free for your health and the health of those you love by joining the millions of people who participate in the US Environmental Protection Agency's smoke-free home and auto initiative.
- www.thetruth.com – website with all the tobacco industry's dirty secrets; includes games, videos and other fun resources to help you build your resolve to stay quit and help your older children choose tobacco-free living.