

Internet Resources for Quitting Tobacco

Note: These web sites are intended as suggested resources and are not necessarily endorsed by the Jefferson County Department of Health and Environment.

Web Sites for Adults - cessation support



- www.coquitline.org
- www.lungusa.org/tobacco
- www.whyquit.com
- www.trytostop.org
- www.cdc.gov/tobacco/how2quit.htm

Web Sites for Teens - cessation support

- www.coquitline.org—*English & Spanish (ages 15 & older)*
- www.quitdoingit.com
- www.teenquit.com

Web Sites for Youth - tobacco prevention

- www.getrealcolorado.com
- www.thetruth.com
- www.adbusters.org
- www.kickbuttsday.org
- www.ownyourc.com

You Can Quit We Can Help



Jefferson County Public Health
Tobacco Prevention Initiative
303-275-7555
www.jeffco.us/health

You Can Quit



JCPH Services - Free

Getting Ready to Quit 303-275-7565

A FREE 2-hour class to help people learn what it takes to quit successfully using strategies tailored to individual needs. The focus is on gaining the skills needed to be healthier and tobacco-free for good. Call 303-275-7565 for details about location and dates.

Reducing Exposure to Secondhand Smoke 303-275-7558

Secondhand smoke is a dangerous toxin for children, adults and unborn children. If you or your loved ones are exposed to secondhand smoke, call 303-275-7558 for free information and support to reduce exposure.



QuitLine (phone line and Web Site) - Free

QuitLine is a free tobacco cessation coaching support program offered through phone sessions. Free nicotine patches are also available. Call 1-800-QUIT NOW (1-800-784-8669).

QuitLine also has a free web site that provides information, resources and self-paced support for quitters. Visit: www.coquitline.org

We Can Help



The following programs are also available. JCDHE provides this information as a resource and neither endorses nor make claims regarding the effectiveness of these programs.

Other Low/No-Cost Cessation Services

Kaiser Permanente 303-614-1010 Monday thru Friday 8:30 a.m.-5:00 p.m.

Freedom From Cigarettes is a 8-session program offered twice a year. There is a small fee for Kaiser members and nonmembers. Call to register and for more information.

Stop Smoking Basics is a one-time, 2-hour class that prepares people for quitting. Fee of \$20 for non-Kaiser members. To register, and for information about dates, times and locations, call the number above.

Nicotine Anonymous 303-777-0299

Like other "twelve step" groups, Nicotine Anonymous is open to anyone seeking support to remain nicotine-free. Also go to: <https://nicotine-anonymous.org>



Presbyterian/St. Luke's Hospital 303-839-6255

Offers a free, 2-hour class, 5 times per year that focuses on preparing people for quitting.

Fee for Services Cessation Programs

Exempla Lutheran – Bridges Integrated Health Services 303-425-2262

Acupuncture, education and counseling.