



Public Service Announcement

January 3, 2012

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FOR IMMEDIATE RELEASE

Information and Resources for Quitting

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.

Information about local resources for quitting – Jefferson County Public Health's Tobacco Prevention Initiative can provide information over the phone about local resources to help you quit. Please call (303) 275-7555.

Free phone coaching and web-based support from the Colorado QuitLine - *1-800-QUIT NOW* (1-800-784-8669) & www.coquitline.org - The QuitLine is a FREE tobacco cessation coaching and support program conducted through phone sessions and includes free nicotine patches for callers who may benefit from and qualify for nicotine replacement therapy. The QuitLine also offers a free website, which provides information, resources and self-paced support for people wanting to quit – visit www.myquitpath.com

If you are interested in increasing your health, wellness and quality of life by cutting back or quitting tobacco, Jefferson Center for Mental Health has a number of options, including classes, tobacco recovery workshops, and personalized coaching for nicotine recovery. For more information call (303) 423-2302 or visit www.wellnessnowjcmh.org.

If you or your loved ones use tobacco, or are exposed to secondhand smoke, and want to learn what you can do to reduce your exposure, contact Donna Viverette, Tobacco Prevention Program Coordinator at 303-275-7555 or by e-mail at dviveret@jeffco.us.

For a more information and resources, visit JCPH's web site at: www.jeffco.us/health.