



## 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, FREE resources available in Jefferson County and the Denver area. Whether you are exploring approaches for quitting, seeking ongoing support, or looking for a class or a web-based self-help resource, here is a list to get you started on the quitting journey.

*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.*

### Coaching, classes, webinars, support groups and referrals:

- For telephone support, coaching and resources to help you or a loved one become tobacco-free, call the Colorado Quitline at 1-800-QUIT-NOW.
- If you are interested in skills to manage stress, become more self-aware, or improve overall well-being, the Wellness Now Program at Jefferson Center for Mental Health (JCMH) offers a number of free classes to support you in your quitting journey. A free “Thinking about Quitting Smoking” class will be held from 5 – 6 pm on the 3<sup>rd</sup> Thursdays of the month – November 21<sup>st</sup> at Union Square Health Plaza 12055 W. 2<sup>nd</sup> Place, Lakewood, and on December 19<sup>th</sup> at 9485 W. Colfax Avenue, Lakewood. The class provides information about the various tools and resources available to help you quit smoking tobacco. For more information and to register for this class or other wellness classes visit [www.wellnessnowjcmh.org](http://www.wellnessnowjcmh.org) or call 303-432-5372.
- Kaiser Permanente offers a variety of web-based and face-to-face support for people at all stages of the quitting process. To register and for more information about the webinar options visit [www.kpwebinar.org](http://www.kpwebinar.org) or call 1-866-868-7112. You do not have to be a Kaiser member to participate.
- Nicotine Anonymous offers face to face, phone and web-based 12 Step meetings. For more information visit [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org).
- Find 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. Call 303-275-7555.

### Self-help and web resources:

- Help to quit by using Colorado’s web-based resources at - [www.Tobaccofreeco.org](http://www.Tobaccofreeco.org)
- Re-learn life without cigarettes - [www.becomeanex.org](http://www.becomeanex.org)
- Quit chew, dip or other forms of smokeless tobacco - [www.mylastdip.com](http://www.mylastdip.com)
- Receive text messages to support you in your quitting process – [www.smokefree.gov/smokefreetxt](http://www.smokefree.gov/smokefreetxt)
- Sign up for free text messages and / or a smartphone app for help with quitting smoking – [www.coloradoquitmobile.org](http://www.coloradoquitmobile.org)
- Learn more about secondhand smoke and health issues associated with smoking and kids - [www.iamasmokefreezone.org](http://www.iamasmokefreezone.org)
- Find out more about the tobacco industry’s dirty secrets. Also find resources to help you or your older children build a resolve to quit and stay quit. Includes games, videos and other fun youth-focused resources encouraging tobacco-free living - [www.thetruth.com](http://www.thetruth.com)