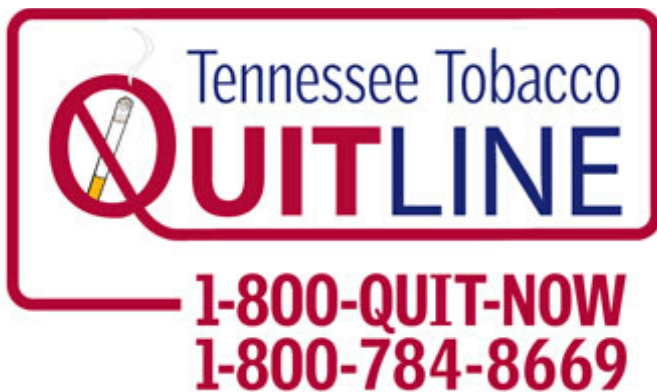


# TENNESSEE TOBACCO QUITLINE

- **Free** to all Tennessee Residents!
- Work with a **personal quit coach**!
- **Free** nicotine replacement therapy (patches)!



## FIND A "FREE" CESSATION CLASS NEAR YOU

- **Dodson Ave  
Community Health  
Center**
  - 423-778-2800
- **Southside  
Community Health  
Center**
  - 423-778-2700
- **CHI Memorial's  
Center for Cancer  
Support**
  - 423-495-7778
- **CHI Community  
Health Center in  
Hixson**
  - 423-756-1506
- **Chattanooga  
Lifestyle Center**
  - 423-778-LINK



Hamilton County

# TOBACCO CESSATION

Resource Guide





## ARE YOU READY TO QUIT?

- **Get Educated:** talk to your healthcare provider and visit [smokefree.gov](http://smokefree.gov) and other sites.
- **Make a Plan:** Call the Tennessee Quitline and make a quit plan.
- **Have Support:** from family, friends, and coworkers. Consider joining a support group!
- **Find Supplements:** Get and correctly use cessation medication.
- **Be the best you:** Learn new skills and behaviors. Be sure to prepare for cravings and mistakes.

## BEST WAY TO QUIT: MEDICATION + SUPPORT

- **Nicotine Replacement therapy** helps reduce cravings! This includes patches, gum, lozenges, and sprays.
- **Ask your doctor** about medication that will help you transition to a smokefree lifestyle. These may include Chantix, Wellbutrin, or Zyban.
- Learn new **coping skills** to replace a smoking, chewing, or vaping habit.
- Consider finding a cessation class near you!



WHEN IT COMES TO SMOKING  
**QUITTERS  
ARE  
WINNERS**



## WANT TO LEARN MORE?

- National Institute of Health  
[Smokefree.gov](http://Smokefree.gov)
- American Lung Association  
[www.lung.org/stop-smoking](http://www.lung.org/stop-smoking)
- American Heart Association  
<https://www.heart.org/en/healthy-living/healthy-lifestyle/quit-smoking-tobacco>
- American Cancer Society  
<https://www.cancer.org/healthy/stay-away-from-tobacco/guide-quit-smoking.html>
- Centers for Disease Control  
[www.cdc.gov/quit](http://www.cdc.gov/quit)