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| **­­Resources to Help You Break Free from Tobacco Dependence** |

If you are one of the millions of people who want to quit using tobacco, there are several helpful, FREE resources available in Colorado. Whether you are exploring approaches to quitting, seeking support, or looking for a class or 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. For additional information/assistance, call Jefferson County Public Health at 303-275-7555.*

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| **Coaching, clinics, classes, phone support, 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 or visit [www.COQuitLine.org](http://www.COQuitLine.org).
* Jefferson Center offers a number of resources, including classes. Call 303-432-5372 or visit [www.WellnessNowJCMH.org](http://www.WellnessNowJCMH.org).
* 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).
* Denver Health Tobacco Cessation Clinics – Cessation clinic services for people with Medicare, Medicaid and [Denver Health insurance plans](http://www.denverhealthmedicalplan.org/), including Denver Health Medical Plan, Denver Health Medicaid and Denver Health Elevate (no commercial insurances or self-pay accepted); referral from a PCP needed. Call 303-436-4949 for appointments (select specialty clinic/services).
* The American Lung Association’s Lung HelpLine and Tobacco QuitLine is a free phone support service staffed with experts. Call 1-800-LUNGUSA any time from 7am–8pm Monday through Friday and
8am–4pm Saturday and Sunday.

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| **Self-help and web resources:**  |

* Get help to quit by using Colorado’s web-based resources – [www.TobaccoFreeCO.org](http://www.TobaccoFreeCO.org)
* Download the free Quit and Save app on your mobile device for help with quitting – [www.TobaccoFreeCO.org/Quit/Quit-Today/Tobacco-Quit-and-Save-App](http://www.TobaccoFreeCO.org/Quit/Quit-Today/Tobacco-Quit-and-Save-App)
* Re-learn life without cigarettes – [www.BecomeAnEx.org](http://www.BecomeAnEx.org)
* Download the “This is Quitting” app on your mobile device which offers a web-based support system – [www.thisisquitting.com](http://www.thisisquitting.com)
* American Lung Association’s online Freedom From Smoking - <http://www.freedomfromsmoking.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)
* Learn more about secondhand smoke and health issues associated with smoking and kids – [www.IAmASmoke-FreeZone.org](http://www.IAmASmoke-FreeZone.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)