

A Guide to Help You Quit Tobacco

RESOURCES AVAILABLE IN LANE COUNTY, OR

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YOU ARE YOUR BEST HELPER!

Hey there, you are your best helper and you have the power to make good choices for yourself! We know your reasons for trying to quit are important. If you want to stop smoking, vaping, or using tobacco it is important to think about a few things.

1. Your brain will need some time to get used to life without nicotine
2. You will need to change some of your daily habits
3. It can be helpful to tell your friends and family that you want to quit because they can support you.
4. Quitting can be hard, but it is easier with help!

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YOUR HEALTH TEAM

Doctors, nurses and your health insurance are all on your health team. They want to help you quit using tobacco or nicotine. If you need advice on quitting:

- Talk to your doctor or health insurance and tell them you want to quit.
- If you are pregnant and want to quit, call Lane County's Quit Tobacco in Pregnancy (541) 682-4440.

3

USE THE OREGON TOBACCO QUIT LINE

- Call the Oregon Quit Line to receive local resources including quit programs, counseling, personalized coaching, and Nicotine Replacement Therapy



ENGLISH: 1 (800) QUIT-NOW
1 (800) 784-8669

ESPAÑOL: 1 (855) DÉJELO-YA
1 (855) 335-35692



www.quitnow.net/oregon

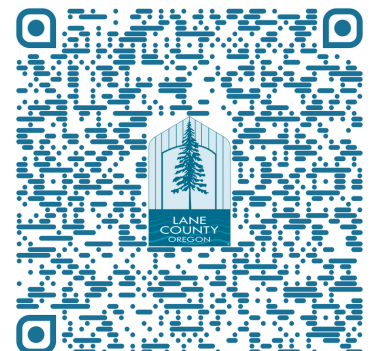


www.smokefreeoregon.com

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FIND MORE LOCAL RESOURCES

- Find our quit help list on the following page.
- Contact Lane County Prevention with any questions:
 - PreventionLane@LaneCountyOR.gov



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LOCAL TOBACCO QUIT RESOURCES

- **Centro Latino Americano**
 - (541) 687-2667 | 944 W 5th Ave., Eugene, OR 97402
 - Patients already receiving substance use treatment or mental health care at Centro Latino Americano can receive cessation services.
- **Cornerstone Housing**
 - (541) 683-1751 | 1175 Charnelton St., Eugene OR, 97401
 - Health and wellness coaching is available for current residents.
- **Costco Pharmacy**
 - (541) 342-5701 | 2828 Chad Dr., Eugene, OR 97408
 - Members of Costco can receive prescriptions for Nicotine Replacement Therapy, such as a gum, lozenge, pill, or patch, directly from a pharmacist.
- **Lane Community College**
 - (541) 463-5665 | 4000 E 30th Ave., Eugene, OR 97405
 - LCC students who pay health fees are able to receive cessation services.
- **Looking Glass Community Services**
 - (541) 686-2688 | 1790 W 11th Ave., #200, Eugene, OR 97402
 - Cessation services are available for anyone ages 13-23 years-old.
- **Orchid Health**
 - (541) 782-8304 | 47815 Hwy 58, Oakridge, OR 97463
 - Cessation services are available to current patients.
- **Shelter Care**
 - (541) 686-1262 | 499 W 4th Ave., Eugene, OR 97401
 - Treatment services are available to current patients.
- **South Lane Mental Health Services**
 - (541) 942-3939 | 1345 Birch Ave., Cottage Grove, OR 97424
 - Group counseling is available.
- **Quit Tobacco in Pregnancy (QTiP)**
 - (541) 682-4440 | 151 W 7th Ave., 2nd Floor, Eugene, OR 97401
 - Cessation services are offered for pregnant women.
- **University of Oregon Health Center**
 - (541) 346-2728 | 1590 E 13th Ave., Eugene, OR 97403
 - Any University of Oregon student who has paid health fees can receive treatment for tobacco or nicotine use.
- **White Bird Clinic- Chrysalis Behavioral Health**
 - (541) 484-4800 | 341 E 12th Ave., Eugene, OR 97401
 - The Medical Clinic at White Bird accepts most Medicare B and Oregon Health Plan (OHP) insurance.
- **Willamette Family Inc.**
 - (541) 762-4325 | 195 W 12th Ave., Eugene, OR 97401
 - Cessation services are being offered to current residential and outpatient clients.

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