

# Want to Quit Smoking?

*We want to help you succeed!*



Smoking is the #1 risk to your health. Although it may be tough, there are many health benefits when you stop using tobacco. You can save money too! The information below can help you find a cessation program that is best for you. Don't give up! Most people try to quit about 7 times before they succeed.

## Cessation Services Available in Stark County

### **Ohio Tobacco Quit Line**

800-QUIT NOW (784-8669)

FREE counseling & support

[www.odh.ohio.gov](http://www.odh.ohio.gov)

Online self help: <http://Ohio.quitlogix.org>

### **Tobacco Free "U"**

Mercy Medical Center - Pulmonary

Rehabilitation

330-489-1270 for next set of classes

6 week program

### **Freshstart® Smoking Cessation Program**

Attendees must attend 4 one-hour sessions.

Dates and times vary.

Alliance Community Hospital

330-596-7125 or [bhatton@achosp.org](mailto:bhatton@achosp.org)

### **"Give It Up!" Tobacco Cessation**

Aultman Hospital - Cardiac Rehabilitation

330-363-QUIT (7848)

[www.aultman.org](http://www.aultman.org)

### **Stark County Finally Free Group -**

#### **Nicotine Anonymous**

Monthly meetings in Stark County ~ 7:30 pm,

Thursdays @ St. Stephen Martyr Lutheran

Church, 4600 Fulton Drive.

Call MJ at 330-606-9904

### **Mind Matters**

Hypnosis and counseling for individuals

330-966-8086 or [www.mind-matters.net](http://www.mind-matters.net)

### **Additional Resources:**

- If you smoke and are pregnant 866-66-START or 866-667-8278
- "Self Help" Materials - Stark County Health Department - 330-493-9904  
[www.starkhealth.org](http://www.starkhealth.org)  
[www.smokefree.gov](http://www.smokefree.gov)  
[www.quitnet.com](http://www.quitnet.com)  
[www.becomeanx.org](http://www.becomeanx.org)