

# A STOP SMOKING RESOURCE GUIDE

**Call the agencies below for information about stop smoking classes, materials, or support groups.**

## **TOBACCO INFORMATION & MATERIALS**

American Cancer Society (810) 733-3702

Genesee County Health Department  
Smoke-free, Multi-Agency Resource Team (SMART) (810) 341-5898

## **STOP SMOKING COUNSELING & RESOURCES**

American Lung Association  
Internet-based stop smoking counseling  
Freedom From Smoking (On-Line) [www.ffsonline.org](http://www.ffsonline.org)

American Lung Association  
Free Telephone Counseling & Lung Health (800) 548-8252

Comprehensive Counseling Center  
Clinical Hypnosis and Addiction Counseling (810) 720-3120

Genesys Hurley Cancer Institute  
Stop Smoking Support Group (810) 762-8226

I Can Quit - Michigan Tobacco Quit Line  
Free nicotine patches for eligible enrollees (800) QUIT-NOW

Laser Therapy Solutions  
Laser Smoking Cessation (866) 733-8055

Legacy  
Become An Ex [www.BecomeAnEx.org](http://www.BecomeAnEx.org)

National Cancer Institute  
Quit Smoking Support for Teens [www.teen.smokefree.gov](http://www.teen.smokefree.gov)  
or text QUIT to iQUIT (47848)

**ARE YOU READY TO QUIT SMOKING?**

*The cessation resources are not affiliated with the Genesee County Health Department (GCHD) and GCHD does not imply any endorsement of these resources.*