

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. If you need additional resources, please contact the Stark County Health Department at 330-493-9904.



Cessation Services Available in Stark County

Ohio Tobacco Quit Line

800-QUIT NOW (784-8669)

FREE counseling & support

www.odh.ohio.gov

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. Contact your local hospital to sign up!

- Alliance Community Hospital
330-596-7125 or bhatton@achosp.org

"Give It Up!" Tobacco Cessation

Aultman Hospital - Cardiac Rehabilitation

330-363-QUIT (7848)

www.aultman.org

Mind Matters

Hypnosis and counseling for individuals

330-966-8086 or www.mind-matters.net

Laser Innovations

Hypnosis with laser acupuncture.

330-491-1880 or www.stopsmokingexperts.com

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

www.smokefree.gov

www.quitnet.com

www.becomeanx.org