



Marion County Tobacco Cessation Resources

Local Resources and Health Insurance Programs



Oregon Tobacco Quit Line

1-800-QUIT-NOW (1-800-784-8699)

1-877-DEJELLO-YA (1-877-266-3863)

www.quitnow.net/Oregon

- Available in English, Spanish and other language options
- Individual telephone and online coaching
- Two weeks free nicotine patches and/or gum for eligible patients
- **FREE**



Salem Health

"Freedom From Smoking" Classes

503-814-2432

www.salemhealth.org

- Available in English
- Eight two-hour classes in person
- **FREE**



Santiam Hospital

"Freedom from Smoking" Classes

971-600-5847

cclark@santiamhospital.org

- Available in English
- Eight two-hour classes in person
- **FREE**



Kaiser Permanente

"Freedom From Tobacco" Classes

healthy.kaiserpermanente.org

- Available in English
- Online classes and programs
- Free for Kaiser insurance members
- Prices vary for non-members



Oregon Health Plan

1-800-273-0557

OHP.oregon.gov

- All plans offer some form of cessation counseling
- Refer to OHP Client Handbook for specific information



Online, Text and Phone-based Resources



Nicotine Anonymous

1-877-879-6422

www.nicotine-anonymous.org

- English, Spanish, and other language options
- Online meetings and phone meetings
- **FREE**



Smokefree.gov

www.smokefree.gov/build-your-quit-plan

- Specific information for vets, women, teens, older adults, and Spanish speakers
- Complete 5 steps to get your personalized quit plan



This is Quitting

Text "DITCHVAPE" to 88709

truthinitiative.org/thisisquitting

- Text program to help young people quit vaping
- **FREE** and anonymous
- Personalized daily text messages



Smokefree TXT

Text "QUIT" to 47848

www.smokefree.gov

- Counseling services
- Daily text messages to support you in quitting smoking



Employee Assistance Programs and Health Insurance Programs

- Employers and insurance providers may also provide programs and resources to quit tobacco
- Talk to your insurance provider



American Cancer Society "Empowered to Quit"

www.cancer.org/empoweredtoquit

- Personalized email-based program to help you quit

