

***St. Clair County  
Resources for Smoking Cessation***



**St. Clair County Health Department**

Free "Quit Kit" to help smokers prepare and plan for quitting.

Call 810-987-5300 extension 204 to request

[www.stclaircounty.org/offices/health](http://www.stclaircounty.org/offices/health)

Quit Tobacco Workshop offered, upon request, to groups of 12 or more participants

**Teen Health Center**

Assistance for youth ages 10-21 with smoking cessation. Group programs available upon request. 810-987-1311

**Port Huron Hospital's 55-Plus**

"No Butts About It" - a 2 hour smoking cessation program offered routinely. Contact them @ 810-989-3121 [www.porthuronhospital.org](http://www.porthuronhospital.org)

**St. John River District Hospital**

Call 866-501-DOCS for help from a physician to achieve a smoke-free life

**Michigan Tobacco Quitline**

1-800-784-8669 Assistance from a trained smoking cessation counselor to develop a quit plan.

Information on financial support for nicotine replacement therapy (patch) for uninsured/underinsured. Services are free

**American Cancer Society**

1-800-227-2345 [www.cancer.org](http://www.cancer.org) free materials, quit kits and referrals

**American Lung Association:** [www.ALAM.org](http://www.ALAM.org)

**American Heart Association**

1-800-242-8721 [www.americanheart.org](http://www.americanheart.org)

**Quit Net** [www.quitnet.com](http://www.quitnet.com)

Offers information and support chat rooms

