

St. Clair County
Resources for Smoking Cessation



St. Clair County Health Department: www.stclaircounty.org/offices/health

Free "Quit Kit" to help smokers prepare and plan for quitting @ 810-987-5300 ext. 1510

Kit can also be downloaded from Mich. Dept. of Community Health website: www.michigan.gov

Quit Tobacco Workshop available upon request to groups of 12 or more 810-987-5300 ex. 1510

Teen Health Center: 810-987-1311

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

Michigan Tobacco Quitline: 1-800-784-8669

Assistance from a trained smoking cessation counselor to develop a quit plan. Nicotine replacement products for those who qualify. Cessation counseling & support for pregnant women.

Port Huron Hospital's 55-Plus: 810-989-3121

"No Butts About It" - Cessation education & support by appointment

www.porthuronhospital.org

Change Your Mind Stop Smoking Center: 810-357-9298

William Miskell, Ph.D. 920 PineGrove Ave. Port Huron, MI

www.ChangeYourMindNow.com email: wmiskell@ChangeYourMindNow.com

Shawn O'Regan, Certified Medical Hypnotherapist: 810-798-3884

Mercy Health Center 4190 24th Avenue, Ft. Gratiot, MI www.hypnosisbysawn.com

St. John River District Hospital: 1-866-501-DOCS

Assistance from a physician to achieve a smoke-free life

American Cancer Society: 1-800-227-2345

www.cancer.org free materials, quit kits and referrals

American Lung Association: www.ALAM.org

American Heart Association: 1-800-242-872 www.americanheart.org

Quit Net : www.quitnet.com