

Quit Tobacco Use Programs

Community Programs

Minnesota's toll-free Tobacco Helpline (Quit Plan): 1-888-354-PLAN
Free, one-on-one telephone counseling, a quitting plan designed for you,
information on medications and quitting techniques.

Free nicotine replacement products are provided to those without medical
insurance coverage for tobacco cessation medications if they go through tobacco
counseling sessions.

American Lung Association
"Freedom from Smoking" 8 session program
Metro & greater MN: 651-227-8014
Classes available in your community. Call for locations.

Nicotine Anonymous (12 step counterpart to AA)
www.nicotine-anonymous.org (click on meetings for a list of meetings in your area)

Internet Programs

For smokers: www.quitplan.com
For smokeless tobacco users: www.chewfree.com

Inpatient Program

Mayo Nicotine Dependence Center
8 day residential program
Rochester, MN
Referrals: 1-800-344-5984 or (507) 266-1930

*This list of Quit Smoking Programs is for your information. Please contact the
program directly for more details, and to determine if it meets your needs*