

Tobacco Cessation Resources

Quitting tobacco is a decision that will greatly benefit you, your family and the community. Here are resources to help you on your journey to quit using tobacco. If you need help deciding which resource would be right for you, please consult a medical professional.

Resources available in English

Quitplan: Phone Counseling **1-888-354-PLAN (7526)**, Internet resources and support www.quitnow.net/quitplan/

Lung Helpline: Phone Counseling **1-800-LUNGUSA** or **1-800-568-4872**

Freedom from Smoking: Internet resources and support www.ffsonline.org/

Cessation: Counseling through health insurance plans: If you have one of the following health plans, cessation phone counseling is available: Blue Cross and Blue Shield of MN, Blue Plus & First Plan of Minnesota **1-888-662-BLUE**; CCStpa **1-888-662-QUIT**; Health Partners **1-800-311-1052**; Medica & MCHA members **1-866-QUIT-4-LIFE**; Metropolitan Health Plan & PreferredOne Community Plan **1-800-292-2336**; UCare Minnesota **1-888-642-5566**

Nicotine Anonymous Information Line: Local support group meetings **952-404-1488**

Hennepin County Medical Center: One-on-one counseling support and medication **612-873-2300** **services billed to your insurance or you pay out of pocket* (701 Park Ave, Minneapolis)

Cessation: Individual and group counseling– University of Minnesota Medical Center: Individual and group counseling, nicotine replacement medication available **612-333-0770** (420 Delaware Ave St SE, Minneapolis)

Cessation: Individual and group counseling– Broadway Clinic: Individual and group counseling, nicotine replacement medication available **612-302-8200** (1020 W Broadway, Minneapolis)

Cessation: Individual and group counseling– Smiley's Clinic Individual and group counseling, nicotine replacement medication available **612-333-0770** (2020 E 28th St, Minneapolis)

Allina Freedom from Smoking Classes: Cessation classes held all around the state- find and register for one at wellness.allinahealth.org/events

Become an Ex: Internet resources, online community support, and phone app downloads www.becomeanex.org/

Resources available in Spanish

Quitplan: Phone Counseling **1-888-354-PLAN (7526)**, Internet resources and support www.quitplan.com/espanol/programa-web.html

Lung Helpline: Phone Counseling **1-800-LUNGUSA** or **1-800-568-4872**

Hennepin County Medical Center: One-on-one counseling support and medication **612-873-2300** **services billed to your insurance or you pay out of pocket*

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Become an Ex: Internet resources, online community support, and phone app downloads www.becomeanex.org/

Espanol.smokefree.gov: Internet resources, online community support espanol.smokefree.gov

For more information, visit www.ansrmn.org or contact us at 651-646-3005 or emily@ansrmn.org.



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Resources available in Asian/ Pacific Islander Languages

Quitplan: Phone Counseling **1-888-354-PLAN (7526)**, Internet resources and support www.quitnow.net/quitplan/

Lung Helpline: Phone Counseling **1-800-LUNGUSA** or **1-800-568-4872**

The Asian Smokers Quitline: Phone Counseling available in Chinese **1-800-838-8917**, Korean **1-800-556-5564**, Vietnamese **1-800-778-8440**

Hennepin County Medical Center: One-on-one counseling support and medication **612-873-2300** **services billed to your insurance or you pay out of pocket*

Cessation Counseling through health insurance plans: If you have one of the following health plans, cessation phone counseling is available: Blue Cross and Blue Shield of MN, Blue Plus & First Plan of Minnesota **1-888-662-BLUE**; CCStpa **1-888-662-QUIT**; Health Partners **1-800-311-1052**; Medica & MCHA members **1-866-QUIT-4-LIFE**; Metropolitan Health Plan & PreferredOne Community Plan **1-800-292-2336**; UCare Minnesota **1-888-642-5566**

Resources available in African Immigrant Languages

Quitplan: Phone Counseling **1-888-354-PLAN (7526)**

Lung Helpline: Phone Counseling **1-800-LUNGUSA** or **1-800-568-4872**

Hennepin County Medical Center: One-on-one counseling support and medication **612-873-2300** **services billed to your insurance or you pay out of pocket*

Cessation Counseling through health insurance plans: If you have one of the following health plans, cessation phone counseling is available: Blue Cross and Blue Shield of MN, Blue Plus & First Plan of Minnesota **1-888-662-BLUE**; CCStpa **1-888-662-QUIT**; Health Partners **1-800-311-1052**; Medica & MCHA members **1-866-QUIT-4-LIFE**; Metropolitan Health Plan & PreferredOne Community Plan **1-800-292-2336**; UCare Minnesota **1-888-642-5566**

African Assistance Program: Health education about the hazards of tobacco **763-560-9643** (6040 Earle Brown Drive, STE 200, Brooklyn Center)

Additional Resources

Teens Not-On-Tobacco: Phone counseling **1-800-LUNGUSA (4872)** Internet resources and support www.notontobacco.com/

Teens Smoke-free.gov Teens: Internet resources and online community support <http://teen.smokefree.gov/>

Veterans and Active Military TRICARE: Phone counseling **1-866-459-8766**, Internet resources and support www.ucanguit2.org

Veterans MN VA Tobacco Cessation Program: Quitline coaching, support and medication, **612-467-4939**

LGBT National LGBT Tobacco Control Network: Internet resources and listing of local LGBT Tobacco Control Professionals www.lgbttobacco.org/index.php For cessation, they refer people to Become an Ex, www.becomeanex.org/

Smokeless Users Quit Smokeless Organization: Internet resources and community support for quitting smokeless tobacco www.quitsmokeless.org/

First Nations Persons Keep It Sacred: Internet information and resources <http://www.KeepItSacred.org/network/>

Women and girls with a special focus on African Americans Health Empowerment Resource (HER) Center: Smoking cessation and secondhand risk reduction counseling **612-354-2629** (3306 Lyndale Ave N, Minneapolis)

Women Women.smokefree.gov: Internet resources and online community support <http://women.smokefree.gov/>

For more information, visit www.ansrmn.org or contact us at 651-646-3005 or emily@ansrmn.org.



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