

NEED HELP KICKING THE TOBACCO HABIT?

MARION COUNTY

- 1. SOS Quit Line** run by Arkansas Department of Health and the UAMS College of Public Health; call and counseling both free 1-866-NOW-QUIT (1-866-669-7848). *En español* 1-800-590-8026
- 2. Healthcare Professionals** Ahrens Clinic 449-4221; Bailey Clinic 453-2266; Dr. Chamberlain 453-8881; Dr. Davenport 445-4040; Flippin Family Practice 453-2274; Tucker Family Medicine 445-3296; Marion County Health Unit 449-4259; Mother and Infant Program Nurse 656-9322

NEIGHBORING COUNTIES

- 1. Baxter County:** Baxter County Tobacco Control Board and the Peitz Cancer House. Free; call for information (870) 425-4400
- 2. Boone County:** "Finally Free From Tobacco." Area Health Education Center. Free: call for information (870) 391-3529

ON LINE OR BY PHONE NATIONWIDE

- 1. especially for teens** A.S.P.I.R.E. Youth prevention and cessation from the University of Texas in Houston. Free: www2.mdanderson.org/depts/aspire/site.html
- 2. especially for teens** Teen produced information and inspiration. Free: www.thetruth.com
- 3. especially for pregnant women** National Partnership for Smoke-Free Families. Free: www.helppregnantmokersquit.org or 1-800-784-8669 for one-on-one cessation counseling for pregnant smokers 24 hours a day
- 4. anyone** American Lung Association's "Freedom From Smoking" free quit online program. Free: www.lungusa.org/ffs/index.html or 1-800-LUNG USA
- 5. anyone** Tobacco Free Marion County website. Free <http://www.tobaccofreemc.com/Quitting.htm>
- 6. any Arkansan** sign up on-line or call 1-866-669-7848 to request a CD-ROM version of the UAMS College of Public Health computer-based quit program. Free: www.YouCanQuitAR.net

YOU'RE INVITED!

- WHO:** Any Arkansan who wants to quit smoking or dipping tobacco
WHAT: FREE help to quit using tobacco
WHEN: Monday-Friday 7 a.m. – 7 p.m. and Saturday 10 a.m. – 4 p.m.
WHERE: From any phone, toll free
WHY: It'll double your chance of quitting and staying quit!

SERVICES OFFERED:

- : Phone, mail, or e-mail counseling
- : English or Spanish
- : Provision of quit smoking medication at no cost
- : Referral to other services
- : No insurance necessary

POPULATIONS COUNSELED:

- : All smokers, regardless of readiness to quit
- : Pregnant smokers
- : Smokeless tobacco users
- : Youth 12-17, Adults
- : Health Professionals
- : Those that want to help others quit

**1-866-NOW-QUIT
CALL TODAY! SOS QUITLINE
EN ESPAÑOL 1-800-590-8026**



Tobacco-Free Marion County

870-427-2620

Email: tfmc@marioncounty.com

Or online: www.tobaccofreemc.com



www.healthylarkansas.com