

LEARN ABOUT SMOKING CESSATION



This fact sheet is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider. For more information, contact your health care provider or visit the Centers for Disease Control and Prevention at www.cdc.gov.

What is Tobacco Cessation?

Tobacco cessation means quitting all forms of tobacco such as cigarettes, e-cigarettes, chewing tobacco, or vaping

Effective Tools to Quit

- Nicotine Replacement Therapy (NRT): patches, gum, or lozenges will double success chances
- Medications: Chantix (varenicline) or Zyban (bupropion) can reduce cravings
- Counseling & Coaching: Helps build quit plans and manage triggers
- Quitline & Apps: Free tools like Quit Guide, 1-800-QUIT-NOW, or SmokefreeTXT offer support and reminders

Organization	Resource	Contact
Corktown Health	Free coaching, groups, and access to Nicotine Replacement Therapy (NRT)	English, Spanish, and more Call: (313) 832-3300
Michigan Tobacco Quitline	Offers free coaching and NRT support	24/7 phone/text help: 1-800-QUIT-NOW (784-8669)
Henry Ford Health Tobacco Treatment Program	Personalized help to quit tobacco	(888) 427-7587 Email: TobaccoFree@hfhs.org
My Life My Quit	Complete activities and create a plan to help you quit.	https://mi.mylifemyquit.org/
MDHHS Tobacco Resource Library	Online guides, printable materials, quit support info	MDHHS-QuitKit@michigan.gov or 517-335-8376
Nicotine Anonymous	Free 12-step peer support	1-877-879-6422