




PROGRAM	SERVICES OFFERED	COST	CONTACT
Freedom From Tobacco 	<p>A variety of program options:</p> <ul style="list-style-type: none"> • Single session class • 6-session class • 6-week phone coaching • 1-hour webinar 	<p>Programs free for Kaiser members. Prices vary for non-members.</p> <p>Program times and dates may vary.</p> <p>Additional online resources for Kaiser members.</p>	<p>866-301-3866</p> <p>or</p> <p>kp.org.quitsmoking</p>
Salem Health Freedom From Smoking® Classes	<p>Eight 2-hour classes</p>	<p>\$120 for the program. Many insurance companies reimburse the cost. Scholarships available.</p>	<p>Community Health Education Center (CHEC) 503-814-2432</p>
Oregon Tobacco Quit Line 	<ul style="list-style-type: none"> • Individual telephone coaching and referrals • 2 weeks free nicotine replacement therapy for eligible patients • Online program and services available 	<p>FREE to Oregon residents</p>	<p>800-784-8669 (Eng)</p> <p>877-266-3863 (Sp)</p> <p>www.quitnow.net/Oregon</p> <p>Accessible 24/7</p> <p>Available in several languages</p>
Nicotine Anonymous	<p>12-Step program support group</p>	<p>FREE</p>	<p>Meets Mondays, 6pm 700 Marion St. NE, Salem 503-507-7949</p> <p>or</p> <p>503-851-6055</p> <p>nicotineanonymous.org</p>

Questions? Contact Marion County Tobacco Prevention and Education Program 503-566-2901 or Polk County Tobacco Prevention and Education Program: 503-623-9664 Ext. 2302

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West Salem Clinic, Northwest Human Services 	8 session smoking cessation class	Up to \$10/class if not covered by insurance. Free for Oregon Health Plan Clients \$25 gift card for completing at least 6 out of 8 sessions	503-588-5816
	All plans offer some form of cessation counseling	Refer to OHP Client Handbook for specific information	OHP Client Services 800-273-0557

ONLINE RESOURCES

www.ucanquit2.org

For US Service Members and Veterans enrolled in VA health care. Website has lots of information about tobacco cessation and creating a personalized plan for quitting with live online help 24/7. Also opportunities to join a group chat with a quit coach or chat with others who are also quitting tobacco.

www.cancer.org

American Cancer Society guides to quitting smoking.

www.smokefree.gov

Educational resources, counseling services, and current research information. Can sign up for Smokefree TXT, a texting program that provides quit smoking encouragement and smartphone apps to support quitting tobacco efforts.

www.teen.smokefree.gov

Teen friendly quit tobacco support and resources.

www.women.smokefree.gov

Specific information for women who are quitting tobacco.

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