

Tobacco Cessation Resources

80% of adult Oregon smokers want to quit their tobacco use. Kicking the habit is difficult. Get the support needed to quit for good!

FREEDOM FROM SMOKING:

An American Lung Association curriculum offered in the evenings by Klamath County Public Health and midday at Cascade Health Alliance. It meets once a week for 1-2 hours for 7 weeks.

Contact Jennifer at KCPH: 541-882-8846

OREGON QUIT LINE:

Cessation counseling, nicotine replacement therapy (NRT), and materials are available. Participants can speak with a quit coach over the phone or online, develop personalized quit plans, and learn coping skills. Online services are free to everyone, private insurance is accepted, and uninsured callers receive one counseling session and two weeks of NRT. Services are available in over 170 languages.

Contact: 1-800-QUIT-NOW (784-8669) or 855- DEJELO-YA (335356-92) or log on to www.quitnow.net/oregon/

TRIBAL MEMBERS:

Klamath Tribal Health offers cessation products from the pharmacy. The pharmacists offer medication and cessation education. You will also be given a Quit Kit filled with information, a guide to quit smoking, and other goodies to help you quit. Tribal members are referred to the Oregon Quit Line or the Freedom From Smoking program for in-depth and personalized cessation counseling.

Contact Merritt Driscoll: 541-882-1487



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