

YOU CAN QUIT

Don't Give Up!

*There is a method that
will work for you!*

"4 As" of staying quit:

Avoid—Stay away from friends who chew or smoke, and activities that you associate with chewing or smoking.

Alter—Change activities that remind you of using tobacco.

Alternatives—Keep oral substitutes handy, such as sunflower seeds, gum, beef jerky, or water.

Activities—Increase your level of physical activity to relax yourself and distract from the urge to chew or smoke.

****Note:** Inclusion of resources listed does not imply endorsement by Tobacco Free Missoula County.

This project is funded (in part or in whole) under a task order with the Montana Department of Public Health and Human Services. The statements herein do not necessarily reflect the opinion of the Department.

MONTANA TOBACCO



Missoula City-County Health
Department

Tobacco Free Missoula County
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Missoula City-County Health Dept.

MISSOULA'S RESOURCE GUIDE TO QUITTING TOBACCO

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Tobacco Free



Missoula County

ALTERNATIVE METHODS TO QUIT**:

ACUPUNCTURE: Five thin needles are inserted in the ear.

HYPNOTHERAPY: This can be done in individual and group settings.

**These methods may help some people, although there is no strong evidence they can improve chances of quitting.

MEDICATIONS USED FOR TREATING TOBACCO ADDICTION:

NICOTINE REPLACEMENT THERAPY (NRT):

Patch (Over the Counter or Prescription)

Gum (Over the Counter Only)

Nasal Spray (Prescription Only)

Inhaler (Prescription Only)

Lozenge (Over the Counter Only)

ZYBAN (BUPROPION SR):

(Prescription Only)

CHANTIX (VARENICLINE):

(Prescription Only)

LOCAL RESOURCES TO HELP YOU QUIT:

QUIT FOR LIFE: St. Patrick Hospital offers a cessation program led by a clinical social worker. This program consists of five evening sessions and may include a two-week supply of nicotine replacement therapy. 2010 cost \$40. 329-5740

MISSOULA INDIAN CENTER: The Missoula Indian Center has a certified chemical dependency program with outpatient treatment. A cessation program is provided for the community. Cessation pharmaceuticals may be available to tribal members and descendants. 829-9515

VETERAN ASSISTANCE: The VA Health-Care System of Missoula offers two free tobacco cessation sessions to veterans. Sessions include a medicine consult and may offer free NRT or other pharmaceuticals. 829-5492

THE MONTANA TOBACCO QUIT LINE: A FREE service all Montanans can use. Quit Line coaches specialize in teen smoking, spit tobacco, pregnant smokers, and sacred verse commercial tobacco use. Callers will receive a personalized quit plan and may also be able to receive free NRT or other discounted medications if appropriate. 1-800-784-8669

PAYMENT ASSISTANCE:

MONTANA TOBACCO QUIT LINE: May offer free nicotine replacement therapy and/or discounts on Chantix (with a doctor's prescription). 1-800-784-8669

MISSOULA INDIAN CENTER: Offers financial assistance for nicotine replacement therapy and Chantix for enrolled tribal members and their descendants. 829-9515

MEDICAID: Covers treatments of specific oral medications or nicotine replacement therapy. 1-800-362-8312

HEALTH INSURANCE: Check with your health insurance regarding their coverage for smoking cessation classes and medicines.

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