

# Want to Quit Smoking?

*We want to help you succeed!*

Smoking is the #1 risk to your health. Although it may be tough, there are many health benefits when you stop using tobacco. You can save money too! The information below can help you find a cessation program that is best for you. Don't give up! Most people try to quit about 7 times before they succeed. If you need additional resources, please contact the Stark County Health Department at 330-493-9904.



## Cessation Services Available in Stark County

### Ohio Tobacco Quit Line

800-QUIT NOW (784-8669)

FREE counseling & support

[www.odh.ohio.gov](http://www.odh.ohio.gov)

### Tobacco Free "U"

Mercy Medical Center - Pulmonary

Rehabilitation

330-489-1270 for next set of classes

6 week program

### Freshstart® Smoking Cessation Program

Attendees must attend 4 one-hour sessions.

Dates and times vary.

Alliance Community Hospital

330-596-7125 or [bhatton@achosp.org](mailto:bhatton@achosp.org)

### "Give It Up!" Tobacco Cessation

Aultman Hospital - Cardiac Rehabilitation

330-363-QUIT (7848)

[www.aultman.org](http://www.aultman.org)

### Stark County Finally Free Group -

#### Nicotine Anonymous

Monthly meetings in Stark County ~ 7:30 pm,

Thursdays @ St. Stephen Martyr Lutheran Church, 4600 Fulton Drive.

Call MJ at 330-606-9904

#### Mind Matters

Hypnosis and counseling for individuals

330-966-8086 or [www.mind-matters.net](http://www.mind-matters.net)

#### Laser Innovations

Hypnosis with laser acupuncture.

330-491-1880 or [www.stopsmokingexperts.com](http://www.stopsmokingexperts.com)

#### Additional Resources:

- If you smoke and are pregnant 866-66-START or 866-667-8278
- "Self Help" Materials - Stark County Health Department - 330-493-9904  
[www.starkhealth.org](http://www.starkhealth.org)  
[www.smokefree.gov](http://www.smokefree.gov)  
[www.quitnet.com](http://www.quitnet.com)  
[www.becomeanx.org](http://www.becomeanx.org)

