

Smoking Cessation – Information and Links

Hospital and Community Health Based Programs:

<u>Location</u>	<u>Program</u>	<u>Cost</u>	<u>Contact Info</u>	<u>Spanish</u>
KU Medical Center Kansas City, KS	U-KanQuit	Unknown	(913) 317-6931	Yes
North Kansas City Hospital North Kansas City, MO	Freedom from Smoking	\$45	(816) 691-1690; Sharon Ambrosi	
Olathe Medical Center Olathe, KS	Smoking Cessation Program	Unknown	(913) 791-3500, ext. 4096; Jeni Wakefield	
Providence Medical Center Kansas City, KS	Freedom from Smoking	No Charge	(913) 596-4950	No
Menorah Medical Center Overland Park, KS	Freedom from Smoking	\$75	(913) 498-6110	
Shawnee Mission Medical Center Shawnee Mission, KS	Freedom from Smoking	No Charge	(913) 676-7777, Press 2	No
St. Luke's Hospital Convenient Care Kansas City, MO	Smoking Cessation Program	<ul style="list-style-type: none"> • Smoking cessation assessment (\$50) and follow-up (\$40) • Walk-in 	(816) 251-5785	
Truman Medical Center Kansas City, MO	Freedom from Smoking	\$30	(816) 404-5495; Karen Henderson	
Jackson County Health Department	Baby and Me Tobacco Free	No Charge – Referral required from Doctor or SW	(816) 404-6416 <u>OR</u> (816) 404-6444; Kristin Schlenk	No, but can offer Spanish interpreter
Jackson County Health Department	Smoking Cessation Program	<ul style="list-style-type: none"> • \$40 initial appt. • \$30 follow-up • Must have insurance • Smoking patches provided 	(816) 404-6416 <u>OR</u> (816) 404-6444; Kristin Schlenk	No, but can offer Spanish interpreter
VA Medical Center Kansas City, MO	Smoking Cessation Group	No Charge for Eligible Veterans	(816) 861-4700; Laruen Davis	

Toll-Free Smoking Cessation Services:

<u>Program</u>	<u>Contact Info</u>
National Telephone Quitline	1-800-QUITNOW
Cancer Information Services (CIS)	1-877-44U-QUIT
Missouri Quitline	1-800-QUITNOW
Kansas Quitline	1-800-KAN-QUIT
National Text Quitline	Text "QUIT" to 47848

Additional Information Can Be Obtained From:

<u>Agency</u>	<u>Contact Info</u>
Agency for Healthcare Research and Quality (AHRQ)	1-800-358-9295
American Cancer Society (ACS)	1-800-ACS-2345
American Heart Association (AHA)	1-800-AHA-USA1
American Lung Association (ALA)	1-800-LUNGUSA
Center for Disease Control and Prevention, Office on Smoking and Health (CDC)	1-800-CDC-1311

Online Smoking Cessation Services:

<u>Website</u>	<u>Web Address</u>
Quitnet	www.quitnet.com
National Cancer Institute's Cancer Information Service	www.smokefree.gov
American Lung Association's Freedom from Smoking	www.ffsonline.org
Try To Stop	www.trytostop.org
Freedom From Smoking	http://www.freedomfromsmoking.org/
Smokefree.gov	https://smokefree.gov

Smoking Cessation Counselors:

<u>Location</u>	<u>Program</u>	<u>Cost</u>	<u>Contact Info</u>
National Center for Health Promotion Lee's Summit, MO	Smoke Stoppers	\$150 Companies On-Site only 6 month program	(816) 373-7968 Patricia Flack

Free Apps for Smart Phones

- Livestrong MyQuit Coach
- Smoke Free – Quit Smoking Now
- QuitNow!
- Craving to Quit
- Kwit – Quit Smoking Cigarettes