

Thinking about quitting tobacco?

We can help!



Quit Partner:

- [Quit Partner](#) offers many free support options and resources so people can quit in a way that works best for them. [My Life, My Quit](#) is a tobacco cessation program for youth! [Start My Life, My Quit now!](#)
- Free support for Minnesota residents includes personalized coaching, email and text support, educational materials, and quit medication (nicotine patches, gum or lozenges) delivered by mail
- To learn more about Quit Partner visit online or call 1-800-QUIT-NOW (784-8669)

Local Healthcare Providers:

- Contact your primary care provider or physician for advice on helping you quit your tobacco use habit!
- In this day and age, there are a variety of cessation medications, health coaching, Freedom From Smoking classes, and other intervention options!
- Discuss triggers for cravings, barriers to change, and FDA approved nicotine replacement therapy and medication options to support you.



American Academy of Family Physicians:

- AAFP's collection of resources provides patient care with toolkits, coding and payment information, and patient education; resources are tailored to providers, community engagement resources focused on youth. To learn more about AAFP, [visit here!!](#)



EasyQuit

- This app helps you quit your smoking habit for good. It has a quit smoking slowly mode that works flawlessly, scientific health statistics, money saved by quitting smoking, personal diary, motivational badges, and many more features. To learn more about Easy Quit, [visit here!!](#)



Smoke Free Gov:

- Includes creating a quit plan, benefits of quitting, how to manage cravings, coping with stress without smoking, tips for slips, and using Nicotine Replacement Therapy (NRT). Resources are tailored traditionally, to veterans, women, teens, Español, and those 60 years and older. [Visit here.](#)

Educational Resources- Schools and Communities:

- The Minnesota Department of Education created a toolkit for Commercial Tobacco Product Prevention; one of the more popular resources is [Stanford Medicine's E-Cigarette and Cannabis toolkit](#); to learn more about the MDE's resource toolkit, [please visit here.](#)

The American Cancer Society:

- ACS provides prescription medicines to help folks quit tobacco. To learn more about the different Over the Counters and prescriptions, [visit here!](#)

Tobacco Cessation Medication and Nicotine Replacement Therapy (*Please consultant with your healthcare provider before taking cessation medications or over the counter products*).

Medication	Availability	Description
<p>Bupropion</p> 	<p>Prescription</p>	<p>Helps to reduce nicotine withdrawal and the urge to smoke; can be used with Nicotine Replacement Therapy (NRT).</p>
<p>Chantix</p> 	<p>Prescription</p>	<p>Helps to reduce nicotine withdrawal and the urge to smoke; helps block the effect of nicotine from cigarettes if the user starts smoking again.</p>
<p>Nicotine patches</p> 	<p>Over-the-Counter or Prescription</p>	<p>Placed on the skin and gives user a small amount of nicotine over time.</p>
<p>Nicotine Gum</p> 	<p>Over-the-Counter or Prescription</p>	<p>Releases nicotine when chewed; user chews gum until it produces a tingling feeling; user then places gum between cheek and gums.</p>
<p>Nicotine Lozenges</p> 	<p>Over-the-Counter or Prescription</p>	<p>Lozenge looks like hard candy; placed in mouth; releases nicotine as it dissolves in mouth.</p>
<p>Nicotine Inhaler</p> 	<p>Prescription</p>	<p>Cartridge attached to a mouthpiece; user puffs through the mouthpiece giving the user a specific amount of nicotine which is absorbed through the mouth, not lungs.</p>
<p>Nicotine Nasal Spray</p> 	<p>Prescription</p>	<p>A pump that contains nicotine, which is put into the nose and sprayed.</p>