

Ready to **quit**?



Tips for Quitting

- Cut down on alcohol and caffeine intake.
- Make a strategy before you go to events where others may be smoking.
- Keep healthy substitutes handy, like gum, raisins, carrots, and hard candy.
- Tell your family and friends that you are quitting. Let them support you.
- Drink a lot of water. Carry a bottle of water everywhere you go.
- Eat frequent small meals. This will help stabilize your blood sugar.
- Exercise especially when you are angry, stressed or bored.
- Make an appointment with the dentist to have your teeth cleaned.
- Be proactive about spending time with non-smokers and/or ex-smokers.
- Address co-occurring conditions such as depression and anxiety before or during quitting.

It doesn't matter how old you are or how long you've smoked. You become healthier and stronger each day you are tobacco free.

- National Cancer Institute



Tobacco Cessation Resource Guide for Thurston County



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Brought to you by **TOGETHER!**'s
Tobacco Prevention and Education Program

There is help available...just right for **you!**

Phone/Online Resources

Washington State Quit Line

Cessation counseling and referrals; free.
Contact: 1-800-QUIT-NOW (1-877-2NO-FUME)
www.quitline.com

Free and Clear/Group Health

Phone counseling; group classes; Spanish and English language; free to members; non-members \$375 includes Nicotine Replacement Therapy Medication. Contact: 1-800-462-5327
www.freeandclear.org

Smokefree.gov

www.smokefree.gov
National quit site; free; offers live chat with experts.

Quitnet.com

www.quitnet.com
Savings calculator and online support forum; free.

Local Classes/Groups

Stop Smoking Support Group

Providence St. Peter's Hospital; free; meets 7 p.m. Wed. in Cafeteria Gallery. Contact: 360-357-5297

Family Education & Support Services

7-week cessation class; free; open to all adults.
Contact: 360-754-7629

Population-Specific Resources

Students— Local Schools and Colleges

Contact your school or college for more information

Adults Living with Mental Illness—Capitol Clubhouse

6-week cessation class; free; for adults living with mental illness. Contact: 360-357-2582

Adults dealing with homelessness, addictions— Olympia Union Gospel Mission

Ongoing Cessation class/support group; free; for Union Gospel Mission clients. Contact: 360-943-6400

Korean-language services—Korean Women's Association

Korean-language cessation counseling.
Contact: Dr. Soon Han, 253-535-4202

GLBTQ—Gay City/Out to Quit

For GLBTQ individuals; free; located in Seattle @ 511 E. Pike Street. Contact: 206-860-6969

GLBTQ Youth—Oasis Youth Center, Tacoma

Queers Kick Ash support group; free; for GLBTQ youth.
Contact: 253-671-2838

People living with HIV/ AIDS—United Community AIDS Network

Free individual counseling. Contact: 360-352-2375



Alternative Options

Some people have experienced success using alternative therapies, including:

- Mental health counseling
- Hypnotherapy
- Acupuncture
- Exercise programs
- Spiritual/religious involvement

TOGETHER! does not endorse any specific treatment options. Those listed in this guide are for information purposes only. If you need help deciding which option is best for you, consult your health care provider.

After you quit:

In 48 hours:

- Nerve endings start re-growing
- Ability to smell and taste improves

In 2 weeks to 3 months:

- Your circulation improves
- Your lungs perform up to 30% better