

## SMOKING CESSATION RESOURCES

### **Samaritan Health Services**

To enroll, call toll-free at 1-877-768-7867. They have classes at all of their hospitals throughout the county, including Corvallis, and the cost is covered by most insurance plans.

### **The Corvallis Clinic**

Contact Dina Sprague at (541) 754-1368 for information about classes and other related services.

### **Oregon Quit Line**

Call toll-free 1-800-QUIT-NOW (1-877-270-7867)

Spanish language line (1-877-2NO-FUME)

TTY for hearing impaired callers (1-877-777-6534)

Services currently available through the Quit Line include:

- 1 coaching call and 2 weeks worth of NRT (patches) to all callers 18 and older who are eligible (i.e; not pregnant or otherwise contra-indicated)
- 4 coaching calls and 4 weeks worth of NRT to uninsured Oregonians
- 4 coaching calls with specialized youth protocol for youth 18 and under
- All callers who register for service receive a Quit Guide tailored to their stage of readiness, those who use smokeless tobacco receive specialized materials, as do youth.

OHP clients are eligible for counseling services and pharmacotherapy through their plans.

Patches may be available at the Quit Line depending on eligibility.

Hours: Monday – Friday: 5am to 9pm