

# Help for Smokers [and Chewers] Who Want to Quit



Type of Help	Description	Contact
<b>Quit Line Help</b>		
<i>Oregon Tobacco Quit Line</i>	Toll-free telephone assessment/ counseling/ referral; online information and resources available at <a href="http://www.oregonquitline.org">www.oregonquitline.org</a>	1-800-QUIT-NOW (1-800-784-8669) Español: 1-877-2NO-FUME (1-877-266-3863) TTY: 1-877-777-6534
<i>QuitNow Oregon</i>	Oregon's free online program to help you create an easy-to-follow quitting plan that will help you get ready, take action and then live the rest of your life as a non-smoker. Website allows you to call or chat with an online enrollment specialist.	<a href="http://www.quitnow.net/oregon">www.quitnow.net/oregon</a>
<i>National Cancer Institute Online Chat</i>	Online Chat is a one-on-one online resource to assist people who are trying to quit smoking or chewing.	<a href="https://cissecure.nci.nih.gov/livehelp/welcome.asp">https://cissecure.nci.nih.gov/livehelp/welcome.asp</a> Monday through Friday from 6 AM to 8 PM Pacific Time
<i>Help by Phone</i>	Phone Help provides callers an opportunity to talk with smoking cessation counselors. Services are available in English or Spanish	1-800-4-CANCER (1-800-422-6237), Monday through Friday from 9 AM to 4:30 PM local time
<b>Douglas County Quit Help</b>		
<i>Community Cancer Center</i>	Call to ask about free tobacco cessation classes, community forums, and other education and support services.	541-673-2267 (Dianna) <a href="http://www.cccroseburg.org">www.cccroseburg.org</a>
<i>Douglas Health &amp; Wellness</i>	Ask about the Freedom From Smoking program and Living Well with Chronic Conditions.	541-464-2812
<i>Lower Umpqua Hospital – Respiratory Dept.</i>	Call for information about the Better Breathers Club or other cessation services or support groups in the Reedsport area.	541-271-2171 (ask for the Respiratory Department)
<i>Roseburg VA Health Care System</i>	Call to ask about cessation services available to veterans.	541-440-1000 Press #1, then enter extension #41312
<i>Stop Smoking Clinic</i>	Cessation services address physical and mental components of addiction. Classes held at Seventh Day Adventist Better Living Center in Roseburg. Call to ask about the next class.	541-672-1542

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<i>Valley View Counseling</i>	Call to ask about available services, including hypnotherapy.	541-673-3985
<b>Quit Help for Special Populations</b>		
<i>Adapt</i>	Call to ask about adult and youth cessation services for our clients.	541-672-2691
<i>Cow Creek Health &amp; Wellness Center</i>	Cessation services available to tribal members, affiliates, and employees through the Cow Creek Health & Wellness Center.	541-672-8533 541-677-5575
<i>Roseburg VA Health Care System</i>	Call to ask about cessation services available for veterans.	541-440-1000 Press #1, then enter extension #41312
<b>Web-Based Quit Web</b>		
<i>American Cancer Society</i>	The American Cancer Society's <i>Complete Guide to Quitting</i> provides a number of tips and resources to help you quit.	<a href="http://www.cancer.org">www.cancer.org</a>
<i>Become an Ex: Relearn life without cigarettes</i>	Ex is a free online quit plan.	<a href="http://www.becomeanex.org/">www.becomeanex.org/</a>
<i>Freedom from Smoking</i>	The American Lung Association offers a step-by-step, online smoking cessation clinic.	<a href="http://www.ffsonline.org">www.ffsonline.org</a>
<i>QuitTobacco.org</i>	A dynamic new web site for those who want to give up smoking for good.	<a href="http://www.quittobacco.org">www.quittobacco.org</a>
<i>You Can Quit Smoking Now</i>	Smokefree.gov is intended to help you or someone you care about quit smoking. The information and professional assistance available on this Web site can help to support both your immediate and long-term needs as you become, and remain, a nonsmoker.	<a href="http://www.smokefree.gov">www.smokefree.gov</a>
<b>Teen &amp; Young Adult Web Help</b>		
<i>Free Vibe</i>	Freevibe.com was created for the National Youth Anti-Drug Media Campaign, a program of the Office of National Drug Control Policy. Freevibe's goal is to provide teens with the knowledge and personal empowerment to reject drug use and other risky behaviors.	<a href="http://www.freevibe.com">www.freevibe.com</a>

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Type of Help	Description	Contact
<i>Girls Health</i>	This website promotes positive, healthy behaviors among girls 10 to 16 years of age.	<a href="http://www.girlshealth.gov">www.girlshealth.gov</a>
<i>Joe Chemo</i>	This web site is dedicated to chemo patients and their family members, with the hope that it will reduce the number of people who smoke cigarettes and have to suffer through medical treatment.	<a href="http://www.joechemo.org/">www.joechemo.org/</a>
<i>My Last Dip</i>	MyLastDip is a web-based intervention designed to help chew tobacco users aged 14 to 25 quit.	<a href="http://www.MyLastDip.com">www.MyLastDip.com</a>
<i>Teen Quit</i>	Teenquit is a six-session intervention created by two clinical psychologists and can be implemented in schools, clubs, or treatment centers.	<a href="http://www.teenquit.com/">www.teenquit.com/</a>
<i>X Chew</i>	CD-ROM-based cessation program designed for young smokeless tobacco users. Contains a tailored “Game Plan” for quitting based on choices the user makes throughout the program. The CD is available free through the Oregon Tobacco Prevention Clearinghouse.	541-440-3563 (call to request a free CD)

*If you know of other resources that should be included, please contact the Douglas County Public Health Division at 541-440-3563 or [mjcarter@co.douglas.or.us](mailto:mjcarter@co.douglas.or.us). Check for updates at [www.co.douglas.or.us/health](http://www.co.douglas.or.us/health).*

*Treating Tobacco Use and Dependence: 2008 Update is available online at [www.surgeongeneral.gov/tobacco/](http://www.surgeongeneral.gov/tobacco/)*

*Find out how you can get involved in tobacco and other drug prevention efforts in Douglas County by visiting UMPQUA PARTNERS-For a drug-free future online at [www.updrugfree.org](http://www.updrugfree.org).*

The information provided here does not constitute medical advice or imply endorsement of the services listed. Please talk with your healthcare provider for more information.