

Quit Smoking Program

Virtual and In-Person Classes



It's Not Quitting, It's Living!

What are the benefits of quitting?

- Breathe easier
- Improve your health
- Save money
- Have more energy
- Control your life

How we can help:

- We will give you the tools and support you need to quit for good!
- Meet with others who are quitting to share success and challenges.

What to expect from this FREE program:

- An **individual assessment** of your tobacco dependence by a Certified Tobacco Treatment Specialist.
- **Nicotine replacement products** will be provided at no cost to you and/or a recommendation for medication to help you quit.
- **Six weekly group meetings** to learn techniques that can help you quit and stay smoke free.

Individuals who use any of the following products are eligible for this program:

- Cigarettes
- Cigars
- Smokeless Tobacco (chew, dip, snuff, snus)
- Pipes
- E-cigs/vapes
- Waterpipes (hookah, shisha)

Programs may be available in-person or virtually. You must register and have a smoking assessment done before starting a program.

Newton Medical Center

Thursdays, 3:00 to 4:30pm

Call 973-579-8588 for more information and to enroll.

Morristown Medical Center

Wednesdays, 12:30 to 1:30pm

Call 973-971-7971 or 973-971-6358 for more information and to enroll.

Hackettstown Medical Center

Wednesdays, 3:00 to 4:30pm

Call 908-979-8797, option 3 for more information and to enroll.

Chilton Medical Center

Thursdays, 12:30 to 2:00pm

Call 973-831-5427 for more information and to enroll.

Overlook Medical Center

Thursdays, 6:00 to 7:30pm

Call 908-522-2296 for more information and to enroll.

Spanish Language Quit Group

Mondays, 10:00 to 11:00am

Call 1-844-472-8499, option 2 for more information and to enroll.

Llame al 1-844-472-8499, opción 2 para obtener más información y para inscribirse.

**Additional dates and times may be available.
Call 844-472-8499 for more information.**



**Atlantic
Health System**

Smoking Cessation Resources

Helpful, user-friendly sites and hotlines that offer education, guidance and encouragement.

New Jersey Quitline: njquitline.org, 1-866-NJ STOPS (657-8677)

The New Jersey Quitline offers free, multilingual, and confidential telephone and web support with a trained Quit Coach available 24/7 to individuals living in NJ who are smoking/vaping. Free two-week supply of nicotine replacement treatment may be available to qualified callers.

SmokeFree.gov:

- **Quit Guide and Quit Start:** Interactive apps that use proven quit strategies to assist you with giving up smoking. Set goals, track daily habits, view progress, connect with social networks, and receive motivational reminders.
- **SmokefreeTXT:** A mobile service that provides 24/7 encouragement, advice, and tips to help smokers stop smoking for good. To sign up, text QUIT to 47848.

American Cancer Society: cancer.org, 1-800-ACS-2345 (1-800-227-2345)

How to Quit Using Tobacco - Guide to Quitting (available as a pdf download).

American Lung Association: lung.org, 1-800-LUNG-USA

Freedom from Smoking, freedomfromsmoking.org

Mom's Quit Connection for Families: momsquit.com, 1-888-545-5191

Free program for pregnant and postpartum people, and any caregiver of children under eight years old and younger living in NJ.

Quit for Kids Texting Support Program: Not quite ready to commit to counseling services? You can enroll in the free Quit for Kids Texting Program available for pregnant individuals, and any caregiver of children eight years old and younger. Quit for Kids provides an automated set of personalized messages, weekly supportive messaging and offers a live chat feature with a Quit Coach to receive support and information as needed. To enroll, text the keyword QUITFORKIDS to 53016 and complete the enrollment form. You can opt out at any time, by texting STOP.

Rutgers Tobacco Dependence Program: tobaccoprogram.org, 732-235-8222

