

Resources for Quitting Tobacco

ELLIS FISCHER CANCER CENTER

Offers virtual group classes on quitting tobacco for all community residents.

- Participants meet five times over a 10-week period and are welcome to attend more than one class.
- Participants receive support from cessation coaches and peers as they complete the program and develop quit plans.
- Free nicotine replacement therapy products (patches, lozenges or gum) are available.

TO GET STARTED: Visit muhealth.org/quit-tobacco-now to register.

MISSOURI TOBACCO QUITLINE

Offers telephone and online counseling with a trained quit coach and resource materials.

- Available 24 hours a day, seven days a week.
- Ages 13 and up

TO GET STARTED: Call 1 (800) QUIT-NOW or visit YouCanQuit.org to register.

MO HEALTHNET

Offers nicotine replacement therapy products at no cost with a prescription and individual or group counseling.

TO GET STARTED: Contact your primary care doctor or call 1 (800) 392-2161 for more information.

SMOKEFREE TXT

Offers text messaging support for six to eight weeks, depending on your quit date. You will receive three to five messages per day.

TO GET STARTED: Sign up at smokefree.gov

THIS IS QUITTING

Offers help for young people to quit vaping.

- Text-to-quit vaping service
- Get help with cravings, stresses and slips

TO GET STARTED: Text DITCHVAPE to 88709 or visit: truthinitiative.org/thisisquitting

BECOME AN EX

Offers free digital support resources to help tobacco users quit by Truth Initiative and Mayo Clinic.

TO GET STARTED: Visit www.becomeanex.org

MU CAMPUS

Wellness Resource Center

Offers one-on-one coaching sessions for all students, faculty and staff.

- Available Monday through Friday from 8 a.m. to 5 p.m.
- Free nicotine replacement therapy products (patches, lozenges, or gum) are available.

TO GET STARTED: Call (573) 882-4634 or visit wellness.missouri.edu/quitting-nicotine to schedule an appointment.