



Quit Tobacco Resources

Are YOU ready to quit smoking? Review the list of opportunities in Genesee County and pick the method that is best for you. Never give up on your journey to live tobacco free.

American Lung Association

Internet-based stop smoking counseling
Freedom From Smoking (On-Line)

www.ffsonline.org

American Lung Association

Free Telephone Counseling & Lung Health Issues

(800) 548-8252

Genesys Hurley Cancer Institute

Stop Smoking Support Group
3rd Wednesday of Every Month 12:00 – 1:00p.m.
302 Kensington Ave, Flint

(810) 762-8226

Hurley Wellness Services

Quit Smoking Classes
Email: decambe2@hurlymc.com

(810) 262-7898

Legacy

Become an EX – On-line Resource

www.becomeanex.org

Michigan Tobacco Quit Line

Information on Local Resources
Telephone Coaching, Text-Messaging, and Online-Services
for Eligible Enrollees

1-800-QUIT-NOW

1-800-784-8669

<https://michigan.quitlogix.org>

National Cancer Institute

On-line Resources
Quit Smoking Support
Quit Smoking Support for Women
Quit Smoking Support for Teens

www.smokefree.gov

women.smokefree.gov

www.teen.smokefree.gov

or text QUIT to iQUIT (47848)

Wellness Services*

One-on-One Support
Community Support Groups
311 E Court St, Flint, MI 48502

(810) 232-0888

*services for clients only

The cessation resources are not affiliated with the Genesee County Health Department (GCHD) and GCHD does not imply any endorsement of these resources.