Ready to Quit?

Tobacco Cessation Resources

Nebraska Tobacco Quitline 1-800-QUIT-NOW

Gives Nebraska residents 24/7, free access to counseling and support services.

Services offered include:

- Telephone counseling
- Self-help materials
- Referrals to community programs

All information you provide to the Quitline is confidential.

Spanish speaking residents are welcome to call 1-855-DÉJELO-YA (1-855-335-3569)

Register online at http://www.quitnow.net.nebraska/

In Person Resources

BryanLGH LifePointe "Beat the Pack" Cessation Class (Cost)

Contact a Health Educator at 402-481-6300

https://www.bryanlifepointe.com/lp/health-services/tobacco-cessation-class/

CHI Health St. Elizabeth (Cost)

Contact Tiffany Quicke at 402-219-8093 to register for a 1:1 consult

$15/session

CenterPointe Nicotine Cessation Classes (FREE)

Contact Kristin at 402-797-1036 or kwalstad@centerpointe.org

Offers four sessions of group nicotine cessation counseling. Drop-ins welcome!

Cindy Buesing, LIMHP, LADC, (Cost)

402-430-1675

Offers group or individual tobacco cessation counseling.

Clinic With a Heart, "Freedom from Smoking" ALA Cessation Class (Cost)

1701 South 17th Street, Suite 4G

Contact Rachelle at 402-421-2924 to register or use the link below:

https://www.clinicwithaheart.org/get-help/freedom-from-smoking-registration.html

$10.00 registration fee refunded upon completion of each of 12 lessons

Madonna Fit For Work (Cost)

Contact Caitlin Orth at 402-413-3937 or email corth@madonna.org

Offers a six week program designed to help people be successful in stopping tobacco use

Veteran's Administration

600 S 70th St. Lincoln, NE

Call 402-486-7923 for more information

Offers QuitSmart Smoking Cessation on-site classes for veterans and family members

Free Online and Mobile Resources

Smokefree.gov

www.smokefree.gov
www.women.smokefree.gov – Especially for women
www.teen.smokefree.gov – Especially for teens
www.veterans.smokefree.gov – Especially for veterans
www.60plus.smokefree.gov – Especially for those over 60
www.espanol.smokefree.gov – For Spanish speakers

Become an EX

https://www.becomeanex.org

Truth Initiative

For youth wanting to quit E-cigarettes text "DITCHJUUL" to 887-09
Parents and other adults that want to help young people quit should text "QUIT" to (202) 899-7550.

Nebraska Medicaid

- Covers counseling and certain medication to assist cessation
- Covered Nicotine Replacement Therapies include:
  - Nicotine Transdermal Patches
  - Nicotine Gum
  - Nicotine Lozenge
  - Nicotine Inhaler
  - Zyban
  - Varenicline (Chantix)
- In order to receive drug products, Nebraska Medicaid clients must enroll and actively participate with the Nebraska Tobacco Quitline (free).
- Clients can access the line directly or by referral from their medical provider.

Employer

Worksite Cessation Benefits & Support

Check with your employer or employee assistance program about opportunities that may be offered at or through your employer.

tobacco free LANCASTER COUNTY

Lincoln-Lancaster County Health Department

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