

# 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 [www.quitnow.net.nebraska/](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](mailto: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 Dani Aylward at 402-413-3937 or email [daylward@madonna.org](mailto:daylward@madonna.org)

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

### **Nebraska Safety Council/Workwell “Break the Habit Nicotine Cessation Program” (cost)**

Contact Karen Rehm at 402-483-2511 ex 102 or email [krehm@nesafetycouncil.org](mailto:krehm@nesafetycouncil.org)

Offers a six week program designed to help individuals where they are on their wellness journey.

### **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

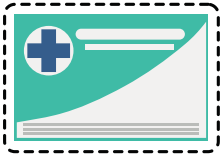
[www.smokefree.gov](http://www.smokefree.gov)  
[www.women.smokefree.gov](http://www.women.smokefree.gov) – Especially for women  
[www.teen.smokefree.gov](http://www.teen.smokefree.gov) – Especially for teens  
[www.veterans.smokefree.gov](http://www.veterans.smokefree.gov) – Especially for veterans  
[www.60plus.smokefree.gov](http://www.60plus.smokefree.gov) – Especially for those over 60  
[www.espanol.smokefree.gov](http://www.espanol.smokefree.gov) – For Spanish speakers

### Become an EX

<https://www.becomeanex.org>

### Truth Initiative

For youth wanting to quit E-cigarettes text “GHOSTVAPE” to 88709  
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)
- Clients can access the Nebraska Tobacco Quitline 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.