

# Tobacco Cessation Resources

## 1 The Nebraska Tobacco Quitline

1-800-QUIT-NOW (1-800-784-8669), gives Nebraska residents 24/7, free access to counseling and support services.

- Trained cessation answer calls.
  - Services offered include:
    - Telephone counseling
    - Self-help materials
    - Referrals to community programs
    - Combination of these
  - All information you provide to the Quitline is confidential.
- Spanish-speaking residents are welcome to call, 1-855-DÉJELO-YA (1-855-335-3569).
- On-line Quitline Registration: <https://www.quitnow.net/nebraska/>



## 2 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
- Cindy Buesing, LIMHP, LADC, (Cost)
  - 402-430-1675
  - Offers group or individual tobacco cessation counseling.
- Clinic With a Heart, “Freedom from Smoking” American Lung Association Cessation Class (Cost)
  - 1701 South 17<sup>th</sup> 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.or](mailto:corth@madonna.or)
  - Offers a six week program designed to help people be successful in stopping tobacco use
- Veteran’s Administration
  - 600 S 70<sup>th</sup> St. Lincoln, NE
  - Call 402-486-7923 for more information
  - Offers QuitSmart Smoking Cessation on-site classes for veterans and family members

### 3 Online and Mobile Resources (free):

- Online or text-messaging based cessation support
  - Smokefree.gov
    - [www.smokefree.gov](http://www.smokefree.gov)
    - [www.women.smokefree.gov](http://www.women.smokefree.gov) – Female audiences
    - [www.teen.smokefree.gov](http://www.teen.smokefree.gov) – Teen audiences
    - [www.veterans.smokefree.gov](http://www.veterans.smokefree.gov) – Veteran audiences
    - [www.60plus.smokefree.gov](http://www.60plus.smokefree.gov) – Over 60 audiences
    - [www.espanol.smokefree.gov](http://www.espanol.smokefree.gov) – Spanish speaking audiences
  - Centers for Disease Control and Prevention:
    - [http://www.cdc.gov/tobacco/quit\\_smoking/index.htm](http://www.cdc.gov/tobacco/quit_smoking/index.htm)
  - U.S. Department of Health and Human Services:
    - <http://betobaccofree.hhs.gov/quit-now/index.html>
  - National Cancer Institute:
    - <http://www.cancer.gov/about-cancer/causes-prevention/risk/tobacco/help-quitting-fact-sheet>
  - American Cancer Society
    - <http://www.cancer.org/healthy/stayawayfromtobacco/guidetoquittingsmoking/index>
  - Become and EX
    - <https://www.becomeanex.org>
  - Truth Initiative – Youth targeted
    - E-cigarettes text “DITCHJUUL” to 887-09
    - Parents and other adults interested in helping young people quit should text “QUIT” to (202) 899-7550.

### 4 Nebraska Medicaid

- Covers counseling and certain medications 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.
- The Quitline number is 1-800-QUIT-NOW (1-800-784-8669).

### 5 Employer/worksite cessation benefits and support

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

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