



# National and Local Cessation Resources

## Resources for Property Managers

Live Smoke Free is pleased to provide information about local and national cessation resources, and FREE cessation materials that property managers can place in their offices. If you would like to order cessation materials in large quantities, please contact ClearWay Minnesota **(952) 767-1400**, or visit them online at **[www.clearwaymn.org](http://www.clearwaymn.org)**; ClearWay Minnesota operates the statewide Quitplan program which is a free service for all Minnesotans.



## Cessation Resources For Residents

Quitting tobacco is a decision that is greatly beneficial for individuals, families, and the community. There are resources to help everyone on their journey to quit using tobacco. For help deciding which resource would be most helpful, please consult a medical professional.

### Resources available in English

- Quitplan: Phone counseling **1-888-354-PLAN (7526)**; Internet resources and support **[www.quitnow.net/quitplan](http://www.quitnow.net/quitplan)**
- Lung Helpline: Phone counseling **1-800-LUNGUSA** or **1-800-568-4872**; Internet resources and support **[www.ffsonline.org](http://www.ffsonline.org)**
- Health Insurance Plans: If you have one of the following health plans, cessation phone counseling is available: Blue Cross and Blue Shield of MN, Blue Plus & First Plan of Minnesota **1-888-662-BLUE**; CCStpa **1-888-662-QUIT**; Health Partners **1-800-311-1052**; Medica & MCHA members **1-866-QUIT-4-LIFE**; UCare Minnesota **1-888-642-5566** and Metropolitan Health Plan & PreferredOne Community Plan **1-800-292-2336**.
- Nicotine Anonymous Information Line: Local support group meetings **952-404-1488**
- Allina Freedom from Smoking Classes: Cessation classes held throughout Minnesota **[www.wellness.allinahealth.org/events](http://www.wellness.allinahealth.org/events)**
- Smokefree.gov: Internet resources, online community support **[www.smokefree.gov](http://www.smokefree.gov)**
- Become an Ex: Internet resources, online community support, and phone app downloads **[www.becomeanex.org](http://www.becomeanex.org)**

### Resources available in Spanish

- Quitplan: Phone Counseling **1-888-354-PLAN (7526)**; Internet resources and support **[www.quitplan.com/espanol/programa-web.html](http://www.quitplan.com/espanol/programa-web.html)**
- Lung Helpline: Phone Counseling **1-800-LUNGUSA** or **1-800-568-4872**; Internet resources and support **[www.ffsonline.org](http://www.ffsonline.org)**
- Health Insurance Plans: If you have one of the following health plans, cessation phone counseling is available: Blue Cross and Blue Shield of MN, Blue Plus & First Plan of Minnesota **1-888-662-BLUE**; CCStpa **1-888-662-QUIT**; Health Partners **1-800-311-1052**; Medica & MCHA members **1-866-QUIT-4-LIFE**; UCare Minnesota **1-888-642-5566** and Metropolitan Health Plan & PreferredOne Community Plan **1-800-292-2336**.
- Become an Ex: Internet resources, online community support, and phone app downloads **[www.becomeanex.org](http://www.becomeanex.org)**
- Smokefree Espanol.gov: Internet resources, online community support **[www.espanol.smokefree.gov](http://www.espanol.smokefree.gov)**

*\*Unless noted, many services are free.*



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Live Smoke Free  
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[www.mnsnsmokefreehousing.org](http://www.mnsnsmokefreehousing.org)





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## Resources available in Asian/Pacific Islander Languages

- Quitplan: Phone Counseling **1-888-354-PLAN (7526)**; Internet resources and support [www.quitnow.net/quitplan](http://www.quitnow.net/quitplan)
- Lung Helpline: Phone Counseling **1-800-LUNGUSA** or **1-800-568-4872**; Internet resources and support [www.ffsonline.org](http://www.ffsonline.org)
- The Asian Smokers Quitline: Phone Counseling available in Chinese **1-800-838-8917**, Korean **1-800-556-5564**, and Vietnamese **1-800-778-8440**
- Health Insurance Plans: If you have one of the following health plans, cessation phone counseling is available: Blue Cross and Blue Shield of MN, Blue Plus & First Plan of Minnesota **1-888-662-BLUE**; CCStpa **1-888-662-QUIT**; Health Partners **1-800-311-1052**; Medica & MCHA members **1-866-QUIT-4-LIFE**; UCare Minnesota **1-888-642-5566** and Metropolitan Health Plan & PreferredOne Community Plan **1-800-292-2336**.

## Resources available in African Languages

- Quitplan: Phone Counseling **1-888-354-PLAN (7526)**
- Lung Helpline: Phone Counseling **1-800-LUNGUSA** or **1-800-568-4872**; Internet resources and support [www.ffsonline.org](http://www.ffsonline.org)
- Health Insurance Plans: If you have one of the following health plans, cessation phone counseling is available: Blue Cross and Blue Shield of MN, Blue Plus & First Plan of Minnesota **1-888-662-BLUE**; CCStpa **1-888-662-QUIT**; Health Partners **1-800-311-1052**; Medica & MCHA members **1-866-QUIT-4-LIFE**; UCare Minnesota **1-888-642-5566** and Metropolitan Health Plan & PreferredOne Community Plan **1-800-292-2336**.

## Additional Resources

- Teens Smokefree Teen: Internet resources and online community support [www.teen.smokefree.gov](http://www.teen.smokefree.gov)
- Veterans and Active Military TRICARE: Phone counseling **1-866-459-8766**; Internet resources and support [www.ucanquit2.org](http://www.ucanquit2.org)
- LGBT National LGBT Tobacco Control Network: Internet resources and listing of local LGBT Tobacco Control Professionals [www.lgbttobacco.org/index.php](http://www.lgbttobacco.org/index.php) For cessation, they refer people to Become an Ex [www.becomeanex.org](http://www.becomeanex.org)
- Smokeless Users National Spit Tobacco Education Program: Internet resources [www.oralhealthamerica.org/programs/nstep](http://www.oralhealthamerica.org/programs/nstep)
- First Nations/Native Americans Keep It Sacred: Internet information and resources [www.keepitsacred.org/network](http://www.keepitsacred.org/network)
- Women and Expectant Mothers Smokefree Women: Internet resources and online community support [www.women.smokefree.gov](http://www.women.smokefree.gov)

*\*Unless noted, many services are free.*

*Revised August, 2014*



**Smoke-Free Multi-Housing:  
Healthier Buildings, Happier Residents,  
A Smart Investment.**