

Resources for Quitting Tobacco

BOONE COUNTY

Ellis Fischel Cancer Center

Offers group classes on quitting tobacco for all community residents.

- Participants meet every other Thursday from 5:30 to 6:30 p.m. for a total of five times over the course of 10 weeks.
- Participants receive support from cessation coaches and peers as they complete the program and develop quit plans.
- Free nicotine replacement therapy products (patches, lozenges, or gum) are available.

TO GET STARTED: Contact Angela Winterbower at winterbowera@health.missouri.edu or (573) 884-2049.

Columbia/Boone County Public Health and Human Services

Offers two counseling sessions and one free box of nicotine replacement patches for all Boone County residents.

TO GET STARTED: Call (573) 874-7356 to schedule an appointment.

Burrell Behavioral Health

Offers cessation classes to current clients.

- Nicotine replacement therapy products are covered by Medicaid with a prescription.

TO GET STARTED: Clients should inquire with their case worker for more information.

MedZou Community Health Clinic

Offers individual cessation counseling to current patients.

- Free nicotine replacement therapy products (patches or gum) are available.
- MedZou's primary care clinic takes place every Thursday from 5 to 9 p.m.

TO GET STARTED: Call (816) 589-7603 to schedule an appointment.

Phoenix Health Programs

Offers group cessation clinics.

- Cost is \$125 and includes eight sessions and all materials.
- New clinics start every month. Classes in even-numbered months will be on Wednesday evenings from 6 to 7 p.m., and classes in odd-numbered months will be on Friday afternoons from 3 to 4 p.m.

TO GET STARTED: Contact Greg Carbins at (573) 875-8880 ext. 2123.

MU CAMPUS

Wellness Resource Center

Offers one-on-one coaching sessions for all MU students, faculty, staff and dependents.

- Available Monday through Friday from 8 a.m. to 5 p.m.
- Free nicotine replacement therapy products (patches, lozenges, or gum) are available.

TO GET STARTED: Call (573) 882-4634 or visit wellness.missouri.edu/smoking to schedule an appointment.

Student Health Center

Offers one-on-one visits with the health educator.

- Visits with the health educator are covered by the student health fee.
- Physicians and nurse practitioners can prescribe cessation medications, however insurance will be billed for the visit.

TO GET STARTED: Call (573) 882-7481 to schedule an appointment.

MISSOURI

Medicaid

Offers nicotine replacement therapy products at no cost with a prescription.

TO GET STARTED: Contact your primary care doctor for more information.

Missouri Tobacco Quitline

Offers telephone and online counseling with a trained quit coach and resource materials.

- Available 24 hours a day, seven days a week.

TO GET STARTED: Call (800) QUIT-NOW or visit quitnow.net/missouri to register.

Smokefree TXT

Offers text messaging support for six to eight weeks, depending on your quit date. You will receive three to five messages per day.

TO GET STARTED: Sign up at smokefree.gov/smokefreetxt

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