

Tobacco Cessation

Stop smoking now!

Research shows that smokers are most successful in kicking the habit when they have support. If you need help quitting, take advantage of the following resources:

- Encouragement and support from friends and family members
- Smoking Cessation Hotline: **1-877-U-CAN-NOW** (1-877-822-6669)
- [Stop-smoking groups](#)
- [Employee Assistance Program \(EAP\)](#) counseling
- Nicotine replacement products
- Prescription medicine to lessen cravings: Pinellas County covers 100% cost of Chantix
- Online quit groups: [United Healthcare](#) or [Tobacco Free Florida](#)
- [SmokeFree.gov](#): Free resources, tools and tips
- [Area Health Education Center \(AHEC\) Tobacco Calendar](#): Select Pinellas County to view local classes and events.
- [Pinellas County Tobacco Cessation classes](#): To find out about upcoming classes, contact your wellness champion or the Wellness Center at 464-4049 or by email at wellness@pinellascounty.org.

For more information, visit [I Quit](#) or [SmokeFree](#).