



Tobacco Recovery Resources Navigation Services



Need more information? Contact our Navigation Services Team at 303-432-5130 or navigation@jcmh.org

If you notice any changes or inconsistencies with our resources, please inform Navigation to help us stay current.

Resources at Jefferson Center

Wellness Coaching

303-432-5130

<https://www.jcmh.org/wellness/>

- Provides wellness coaching to community members, and goals can include a focus on tobacco cessation. Coaches work with participants to develop a quit plan and overcome barriers.
 - Free with Medicaid and \$420 (\$35 per session) with Medicare and private insurance.

Community Resources

Colorado Quitline

1-800-QUIT-NOW (800-784-8669)

<https://www.coquitline.org/>

- Offers free, confidential coaching via telephone, text, or chat to help individuals quit using tobacco/nicotine products. It also offers online only courses for those who do not want 1:1 support. Provides guidance and support throughout the quit process, including preparing a quit plan, understanding triggers, managing cravings, and getting back on track after relapse. Also offers an online community for peer support.
- Provides nicotine quit medications, including nicotine gum, lozenges, or patches, for eligible participants.
- Offers special programming to support American Indian/Alaskan Native individuals, youth, and pregnant/post-partum women
- Offers all programming in English and Spanish.

DIMENSIONS Tobacco Free Program

Call Michele at 303-403-6176 or e-mail Michelle.Anderson2@sclhs.net for more information

8300 W. 38th Ave., Wheat Ridge, CO 80033

<https://www.sclhealth.org/classes-events/lutheran/dimensions-tobacco-free-program/>

- Provides a free, 6-week drop-in tobacco cessation group for adults who want to quit smoking. The group meets weekly and covers topics including stress management, wellness, and behavior change techniques.
 - Call 303-403-7171 to register.

Nicotine Anonymous

1-877-879-6422

<http://nicotine-anonymous.org/>

- Offers face-to-face, phone, and web-based 12 Step meetings.
 - Visit <http://nicotine-anonymous.org/find-a-meeting.html> to locate meetings.
- Also offers group support via e-mail chain and 1:1 support via snail mail.

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Online and Web-Based Resources

Tobacco Free CO

<https://www.tobaccofreeco.org/>

- Provides information about the impact of tobacco use, prevention, and how to quit, and how to support others on how to quit. Also offers links to local resources.

SmokeFree.gov

<https://smokefree.gov/>

- Provides free information and resources to support individuals in smoking cessation. Includes quizzes, tips, plans, apps, text messaging programs, and other ways to get ready to quit and remain smoke-free.
 - Offers sub-sites specifically for veterans, women, teens, Spanish-speakers, and people over 60.

BeTobaccoFree.gov

<https://betobaccofree.hhs.gov/>

- Provides free access to tobacco-related information from the Department of Health and Human Services.
- Provides a smokefree free app, 24/7 live chats, and the ability to speak to counselor, all free of cost.

Become an Ex

<https://www.becomeanex.org/>

- Provides free resources to help individuals quit tobacco use, including customized quit plans, text message support, interactive guides and tools, advice and tips, and an online community of other tobacco users and ex-smokers for support in English and Spanish.

The Truth

<https://www.thetruth.com/>

- Provides information about the vaping industry. Includes games, videos, and other fun resources to help remain smoke-free and help youth choose nicotine-free living.

Mobile Apps

QuitStart

<https://smokefree.gov/tools-tips/apps/quitstart>

- Provides tailored tips, inspiration, and challenges to help users become smoke-free using the smoking history of the individual.

QuitGuide

<https://smokefree.gov/tools-tips/apps/quitguide>

- Helps users understand their smoking patterns and build the skills needed to become and stay smoke-free. Includes features to track cravings and triggers, provides motivational messages for each craving, and has a space to journal about progress.

Quit It

- Provides a tracker to support smoking cessation. The app tracks the cigarettes users did not smoke and how much money it saved them.