

# From the Ohio Department of Health Cessation Home Page

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Are you planning to quit smoking or the use of another tobacco product? Congratulations on your decision and best wishes in your journey. Most find quitting difficult but one would be hard-pressed to find someone who regrets quitting smoking for good. The benefits of quitting begin within the first hour and only increase as the hours and days pass.

Many people trying to quit have tried before. It is not uncommon to enjoy success for a period of time and have something, perhaps a stressful life event, result in a relapse to smoking. Think about what has worked in the past. More importantly, think about what did not work. Consider your triggers and make a plan for cravings. Get help and support, talk to your doctor about medication options. Be kind to yourself and know that quitting is a sprint and not a race.

Ohio Department of Health's Tobacco Program offers several different resources to help you, or someone you know, begin a new tobacco-free life.

- [Ohio Tobacco Quit Line](#)
- [Quit Tips](#)
- [Healthcare](#)
- [Ohio Tobacco Collaborative](#)
- [Local Programs](#)

Call 1-800-QUIT-NOW (1-800-784-8669) and speak with an intake specialist to discuss assistance to help you quit tobacco.

See the Ohio Tobacco Quit Line brochure [here](#).

The [Ohio Tobacco Quit Line](#) provides personal quit coaching and telephone counseling free of charge to ALL Ohioans, regardless of insurance status or income. There is also a special protocol for pregnant women ([learn more here](#)). Nicotine patches, gum, or lozenges are provided for up to eight weeks at no charge to eligible participants.

The [Ohio QuitLogix Online Tobacco Use Cessation Program](#) is available to all Ohioans of age 18 or older (or younger with parental permission).

Employees and covered family members of companies and health plan organizations that are members of the [Ohio Tobacco Collaborative](#) are eligible to participate in the Ohio Tobacco Quit Line. More than 5.4 million Ohioans have access to the Ohio Quit Line through the Ohio Tobacco Collaborative.