





Tobacco Cessation Resources

Program	Type	Description	How to Access
Tobacco Cessation Classes	Group classes 	Free evidence-based classes taught by certified instructors	http://www.cdhd.idaho.gov/hl-tobacco-cessation.php
Idaho QuitLine	Phone  <small>illustration of cam #1081757</small>	Telephone-based counseling and receive up to 8 weeks of free nicotine replacement therapy	http://projectfilter.org or 1-800-784-8669
Plan My Quit	Website  <small>k11187814 fotosearch.com ©</small>	Web-based counseling for tobacco users who are thinking about or are ready to quit	Planmyquit.com
Quitter's Circle	Mobile Applications 	This application provides support to tobacco users during their quit journey	Download the Quitter's Circle app from the App Store or Google Play and use the code: CDHD