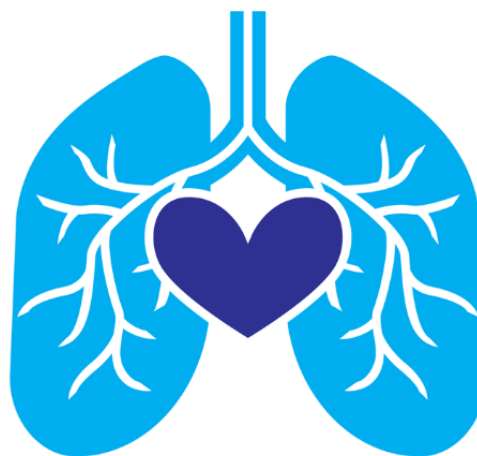


# Tobacco Resource Guide



**MAKING IT COUNT**  
COMMUNITY DEVELOPMENT CORPORATION



DETROIT-WAYNE-OAKLAND  
**TOBACCO-FREE**  
COALITION

**READY TO QUIT?**

CALL 1-800-QUIT-NOW  
1-800-784-8669

**Metro Detroit area**

Henry Ford Health  
Tobacco Treatment Service  
One Ford Place, 5C  
Detroit, Michigan 48202  
(888) 427-7587  
<https://www.henryford.com/tobaccofree>  
One-on-one coaching, group classes, support group, programs for teens, pregnant people

Matrix Human Services  
429 Livernois  
(877) 931-3248  
Ferndale, Michigan 48220  
[www.matrixhumanservices.org](http://www.matrixhumanservices.org)

Ruth Ellis Center  
Tobacco Cessation Group  
77 Victor St.  
Highland Park, MI 48203  
(313) 365-3338  
<https://www.ruthelliscenter.org/>  
Click on “Contact” and complete the web form

Unified-HIV-Health & Beyond  
3968 Mt. Elliott  
Detroit, Michigan 48207  
(313) 446-9800  
Ypsilanti Office  
734-572-9355  
<http://www.miunified.org>

Community Health Awareness Group (CHAG)  
(Services for people living with HIV)  
1300 W. Fort St.  
Detroit, MI 48226  
(313) 963-3434  
[www.chagdetroit.org](http://www.chagdetroit.org)

Health Emergency Lifeline Program (HELP)  
1726 Howard St.  
Detroit, Michigan 48216  
Jonathon Arntson-TTS/ Health Coach  
[jarntson@corktownhealth.org](mailto:jarntson@corktownhealth.org)  
313-832-3300  
<https://corktownhealth.org/services/tobacco-cessation/>

**Greater Michigan**

Michigan Tobacco Quitline (services available in English, Spanish, Arabic)  
(800) QUIT NOW (800-784-8669)  
(855) DÉJELO-YA (855-335-3569) in Spanish.  
phone, online, and text messaging support  
<https://michigan.quitlogix.org>  
MDHHS also offers “My Life My Quit” for teens and young adults:

<https://mi.mylifemyquit.org/index>  
Other resources for quitting compiled by MDHHS:  
[https://www.michigan.gov/mdhhs/0,5885,7-339-71550\\_2955\\_2973-343324--,00.html](https://www.michigan.gov/mdhhs/0,5885,7-339-71550_2955_2973-343324--,00.html)

Michigan Medicaid Tobacco Cessation Benefits information:  
[https://www.michigan.gov/documents/mdhhs/Michigan\\_Medicaid\\_Tobacco\\_Cessation\\_Benefits\\_705559\\_7.pdf](https://www.michigan.gov/documents/mdhhs/Michigan_Medicaid_Tobacco_Cessation_Benefits_705559_7.pdf)

Blue Cross Blue Shield of Michigan  
Tobacco Digital Health Assistant  
<https://www.bcbsm.com/index/health-insurance-help/fags/topics/getting-care/how-do-i-get-help-quitting-tobacco.html>

Molina Healthcare Smoking Cessation Program:  
<https://www.molinahealthcare.com/members/common/en-us/mem/medicare/health/prosmoking.aspx>

University of Michigan  
Tobacco Consultation Service  
M-Healthy (734) 647-7888  
<https://hr.umich.edu/benefits-wellness/health-well-being/mhealthy/faculty-staff-well-being/alcohol-tobacco-programs/tobacco-consultation-service>

Grand Rapids Red Project  
401 Hall Street SE  
Grand Rapids, MI 49507  
<https://redproject.org>  
Robin Fox – Care Program Manager  
[robin@redproject.org](mailto:robin@redproject.org)  
616-456-9063 office  
626-426-9233 cell

Ingham County Health Department (ICHD)  
Calvin Wheeler-Program Coordinator  
5303 S. Cedar St.  
Lansing, Michigan 48911  
<https://hd.ingham.org/SeekingCare/SubstanceUse/Tobacco.aspx>  
[cwheeler@ingham.org](mailto:cwheeler@ingham.org)  
(517) 242-0078 cell, (517) 887-4597 desk

Lansing Area AIDS Network (LAAN)  
913 W. Holmes Rd. Suite 115  
Lansing, MI 48910  
(517) 394-3719  
<http://www.laanonline.org/services/tobacco/>

Sacred Heart Rehabilitation Center  
301 E. Genesee  
Saginaw, Michigan 48067  
(968) 776-6000  
Tim Neal-Program Leader  
[tneal@sacredheartcenter.com](mailto:tneal@sacredheartcenter.com)  
989-776-6000, ext. 6516  
Teresa Casanova-TTS  
[tcasanova@sacredheartcenter.com](mailto:tcasanova@sacredheartcenter.com)  
989-776-6000, ext. 6519

Wellness Services  
311 East Court St.  
Flint, Michigan 48502  
Teresa Springer-Program Coordinator  
[Tspringer@wellnessaids.org](mailto:Tspringer@wellnessaids.org)  
<https://wellnessaids.org/>  
810-232-0888

Marquette County Health Department  
184 US HWY 41 E, Negaunee Mi 49866  
Laura Fredrickson-Program Coordinator  
[LFredrickson@mqtco.org](mailto:LFredrickson@mqtco.org)  
906-475-7651  
[jeyley@mqtco.org](mailto:jeyley@mqtco.org)  
[https://www.co.marquette.mi.us/departments/health\\_department/community\\_outreach/tobacco\\_smoking/index.php](https://www.co.marquette.mi.us/departments/health_department/community_outreach/tobacco_smoking/index.php)

McClees Clinic  
1675 Leahy St., Suite 301A  
Muskegon, MI 49442  
Aimee Taylor – CTTS, Team Lead  
[Aimee.taylor@mercyhealth.com](mailto:Aimee.taylor@mercyhealth.com)  
(231) 672-8364  
<https://www.mercyhealth.com/location/mercy-health-mcclees-clinic>

Great Lakes Bay Health Centers  
501 Lapeer Ave, Saginaw, MI 48607  
Paula Peters - Tobacco Cessation Manager  
[ppeters@glbhealth.org](mailto:ppeters@glbhealth.org)  
(989) 907-2738  
<https://greatlakesbayhealthcenters.org/hiv-services/>

Great Lakes Bay Pride tobacco cessation resources  
<https://greatlakesbaypride.org/programs/tobacco-cessation/>

United Way: call 211 for immediate assistance

### **Federal Government**

National Cancer Institute/National Institutes of Health/Department of Health and Human Services  
[www.Smokefree.gov](http://www.Smokefree.gov)  
<https://www.cancer.gov/espanol>  
[www.Betobaccofree.gov](http://www.Betobaccofree.gov)  
877-44U-QUIT (877-448-7848)

Chat service at:  
<https://livehelp.cancer.gov/>  
<https://livehelp-es.cancer.gov/> (Spanish)  
Provides text messaging (smokefree TXT)  
App:  
<https://smokefree.gov/tools-tips/apps/quitguide>  
<https://smokefree.gov/tools-tips/apps/quitstart>

Centers for Disease Control & Prevention  
Tips from Former Smokers  
[www.cdc.gov/quit](http://www.cdc.gov/quit)

U.S. Department of Veterans Affairs  
855-QUIT-VET (855-784-8838)  
<http://Smokefree.gov/VET>  
Text VET to 47848

**National – United States**  
Truth Initiative  
<https://truthinitiative.org>  
(202) 454-5555

American Lung Association  
1-800-LUNG-USA (800-586-4872)  
<https://www.lung.org/quit-smoking>

American Heart Association  
(800) AHA-USA1 (1-800-242-8721)  
<https://www.heart.org/en/healthy-living/healthy-lifestyle/quit-smoking-tobacco>

American Cancer Society  
(800) 227-2345  
<https://www.cancer.org/healthy/stay-away-from-tobacco.html>

CVS Start to Stop Clinic  
<https://www.cvs.com/minuteclinic/services/smoking-cessation>

No Menthol Sunday  
The Center for Black Health and Equity  
(919) 680-4000  
<https://centerforblackhealth.org/events>

Nicotine Anonymous  
877-TRY-NICA (877-879-6422)  
<https://www.nicotine-anonymous.org>

Asian Smokers Quitline  
<https://www.asiansmokersquitline.org/>  
Chinese (800) 838-8917  
Korean (800) 556-5564  
Vietnamese (800) 778-8440

Campaign for Tobacco-Free Kids – quitting  
smoking and vaping resources  
(202) 296-5469  
<https://www.tobaccofreekids.org/problem/covid-19/resources>

American Indian Commercial Tobacco Quitline  
<https://mi-americanindian.quitlogix.org/>  
(855)5AI-QUIT (855-524-7848)

### **International**

World Health Organization (WHO)  
sponsors of World No Tobacco Day (observed  
annually on May 31)  
<https://www.who.int/health-topics/tobacco>

### **quitSTART App**

The quitSTART app is a product of Smokefree.gov, a smoking cessation resource created by the Tobacco Control Research Branch at the National Cancer Institute in collaboration with the U.S. Food and Drug Administration and input from tobacco control professionals, smoking cessation experts, and ex-smokers. The quitSTART app is a free smartphone app that helps you quit smoking with tailored tips, inspiration, and challenges. <https://smokefree.gov/tools-tips/apps/quitstart>

### **ICanQuit App**

[https://play.google.com/store/apps/details?id=org.fredhutch.icanquitr&hl=en\\_US&gl=US](https://play.google.com/store/apps/details?id=org.fredhutch.icanquitr&hl=en_US&gl=US) iCanQuit is a quit smoking program created for a clinical study by researchers at Fred Hutchinson Cancer Research Center. The app provides tips on staying motivated to quit, coping with withdrawal and cravings, and preventing relapse.

Research paper:

<https://www.healio.com/news/pulmonology/20211209/smartphone-app-helped-black-smokers-quit>

### **My Strength: Macomb County Mental Health**

1. Visit [www.myStrength.com](http://www.myStrength.com).
2. On the myStrength.com home page, click on “Sign-up.”
3. Enter the following Access Code: **MCCMHcomm**
4. Complete the myStrength sign-up process with a brief Wellness Assessment and personal profile.
5. Go Mobile! Using the access code above, get the myStrength app for iOS and Android devices at [www.mystrength.com/mobile](http://www.mystrength.com/mobile)

### **My Strength: Detroit Wayne Integrated Health Network**

1. Visit [www.myStrength.com](http://www.myStrength.com).
2. On the myStrength.com home page, click on “Sign Up.”
3. Enter the following Access Code:
  - a if you are a Community Member: **DWMHAp**
  - b if you are Care Giver/Guardian: **DWMHAcare**
  - c if you are a Member/Consumer: **DWMHAc**
  - d if you are a Provider staff person for personal use: **DWMHastaff**
4. Complete the myStrength sign-up process with a brief Wellness Assessment and personal profile.
5. Go Mobile! Using the access code above, get the myStrength app for iOS and Android devices at [www.mystrength.com/mobile](http://www.mystrength.com/mobile).

### **My Strength: Oakland County Health Network**

1. Visit [www.myStrength.com](http://www.myStrength.com).
2. On the myStrength.com home page, click on “Sign-up.”
3. Enter the following Access Code: **OCCMHA**
4. Complete the myStrength sign-up process with a brief Wellness Assessment and personal profile.
5. **Go Mobile!** Using the access code above, get the myStrength app for iOS and Android devices at [www.mystrength.com/mobile](http://www.mystrength.com/mobile)