

METRO DETROIT AREA

Henry Ford Health

Tobacco Treatment Service
(888) 427-7587

<https://www.henryford.com/tobaccofree>

Matrix Human Services

(877) 931-3248

www.matrixhumanservices.org

Ruth Ellis Center

Tobacco Cessation Group
(313) 365-3338

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

Unified-HIV-Health & Beyond

(313) 446-9800 Ypsilanti Office 734-572-9355

<http://www.miunified.org>

Community Health Awareness Group (CHAG)

(Services for people living with HIV)

(313) 963-3434

www.chagdetroit.org

Health Emergency Lifeline Program (HELP)

1726 Howard St.

jarntson@corktownhealth.org

313-832-3300

<https://corktownhealth.org/services/tobacco-cessation/>

GREATER MICHIGAN

Michigan Tobacco Quitline

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

(855) DÉJELO-YA (855-335-3569) in Spanish.
phone, online, and text messaging support

Michigan Medicaid Tobacco Cessation Benefits information:

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.bcbsmi.com/index/health-insurance-help/faqs/topics/getting-care/how-do-i-get-help-quitting-tobacco.html>

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>

Molina Healthcare Smoking Cessation Program:

<https://www.molinahealthcare.com/members/common/en-us/mem/medicare/health/pro/smoking.aspx>

Grand Rapids Red

<https://redproject.org>

616-456-9063 office

Ingham County Health Department (ICHD)

<https://hd.ingham.org/SeekingCare/SubstanceUse/Tobacco.aspx>

(517) 887-4597 desk

Lansing Area AIDS Network (LAAN)

(517) 394-3719

<http://www.laanonline.org/services/tobacco/>

Sacred Heart Rehabilitation Center

(968) 776-6000

Wellness Services

<https://wellnessaids.org/>

810-232-0888

Marquette County Health

906-475-7651

https://www.co.marquette.mi.us/departments/health_department/community_outreach/tobacco_smoking/index.php

McClees Clinic

(231) 672-8364

<https://www.mercyhealth.com/location/mercy-health-mcclees-clinic>

Great Lakes Bay Health Centers

(989) 907-2738

<https://greatlakesbayhealthcenters.org/hiv-services/>

Great Lakes Bay Pride tobacco cessation resources

<https://greatlakesbaypride.org/programs/tobacco-cessation/>

FEDERAL GOVERNMENT

Centers for Disease Control & Prevention

Tips from Former Smokers

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 Cancer Institute/National Institutes of Health/Department of Health and Human Services

www.Smokefree.gov

<https://www.cancer.gov/espanol>

www.Betobaccofree.gov

877-44U-QUIT (877-448-7848)

Chat service at:

<https://livehelp.cancer.gov/>

Provides text messaging (smokefree TXT)

App:

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

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

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>

World Health Organization (WHO)

sponsors of World No Tobacco Day (observed annually on May 31)

<https://www.who.int/health-topics/tobacco>

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

INTERNATIONAL



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)

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

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.

https://play.google.com/store/apps/details?id=org.fredhutch.icanquit&hl=en_US&gl=US

Detroit Wayne Integrated Health Network

1. Visit 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.

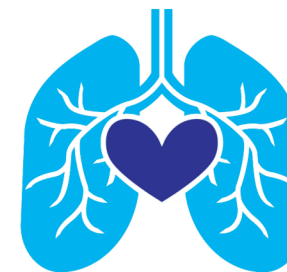
Macomb County Mental Health

1. Visit 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

Oakland County Health Network

1. Visit 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

TOBACCO RESOURCE GUIDE



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

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