REMOVE

GO ANOKA COUNTY

GET IN TOUCH

763-324-4200

Ship@co.anoka.mn.us

goanokacounty.org

Making the Healthy
Choice the Easy Choice.

SMOKE FREE LIVING
RESOURCES IN ANOKA COUNTY

Making the Healthy Choice the Easy Choice

QUIT PARTNER

Online chat, phone coaching, text program and nicotine replacement therapy (patch, gum, lozenges).

Specialized programs for youth (ages 13-17), American Indian, pregnant/post-partum and mental health or substance use disorder.

1 - 800 - QUIT NOW
877-777-6534 (TTY)

CULTURALLY SPECIFIC

Free smoking cessation services in non-English Speaking formats.

Spanish	1-855-335-3569
Cantonese and Mandarin	1-800-838-8917
Korean	1-800-556-5564
Vietnamese	1-800-778-8440

American Indian Quitline 1-888-7AI-QUIT

Support to quit commercial tobacco while honoring sacred practices.

VETERANS QUIT

Text message program, quit line, Stay Quit Coach app and in person counseling & medication at VA medical centers.

1-855-QUIT VET

MORE RESOURCES ONLINE

View online and social media resources, including those for African American and LGBT individuals, at anokacounty.us/SmokeFree

VAPING

Text message program to quit vaping and JUULing.

YOUTH
Text "DITCHJUUL" to 88709

PARENTS
Text "QUIT" to 202-899-7550

TOBACCO TREATMENT SPECIALISTS

In person tobacco treatment for current clients.

NYSTROM & ASSOCIATES, LTD.

Coon Rapids	763-767-3350
New Brighton	651-628-9566
People Incorporated Family Life Mental Health Center	763-427-7964
Minnesota Alternatives	763-789-4895

HEALTH PLANS

Check with your health plan for additional services, such as coverage for prescription medicines, smoking cessation groups, or nicotine replacement therapy (gum, patches, and lozenges) to help you quit. Services and fees vary by plan.

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