




Are you thinking about quitting smoking?

Quitting tobacco isn't easy. Finding help should be. Below are tools and services to help you get started.

Talk to a Tobacco Treatment Specialist (TTS)	Talk to your Prescriber about Medication	Contact Kansas Quitline	Explore Additional Resource
<p>TTS Health Education</p> <p>1. Ask your service coordinator (i.e. Case manager, clinician, medical services) to connect you with a in-house TTS.</p> <p>Located at Johnson County Mental Health Center Shawnee, 6440 Nieman Road, Shawnee, KS 66203</p> <p>2. TTS available for one on one tobacco cessation counseling Sessions at no cost on a walk-in basis on Tuesdays from 10:00 am through 11:00 am.</p> <p>Located at the Central Resource Library 9875 W. 87th Street Overland Park, KS 66212</p>	<p>Nicotine Replacement Therapy</p> <p>Nicotine replacement therapy is a treatment to help people stop smoking.</p> <ul style="list-style-type: none"> • Patch • Gum • Lozenge • Inhaler • Nasal Spray <p>Prescription Medication</p> <p>Bupropion SR Brand: Zyban</p> <p>Varenicline Brand: Chantix</p> <p><i>*Many insurance plans cover quit smoking medications if prescribed. Check with your insurance provider to see if you are covered.</i></p>	<p>Kansas Tobacco Quitline</p> <p>The Kansas Tobacco Quitline provides FREE one-on-one coaching for Kansans ready to quit using any form of tobacco. It is designed to help the tobacco user take control of their attempt to quit. The Quitline is available 24 hours a day, 7 days a week, online and by phone.</p> <p>Contact Kansas Quitline www.KSquit.org 1-800-QUIT-NOW</p> <div data-bbox="1171 1365 1493 1507" style="text-align: center;">  <p>KanQuit! KANSAS TOBACCO QUITLINE 1-800-QUIT-NOW (784-8669) KSquit.org</p> </div>	<p>QuitGuide</p> <p>QuitGuide is a free app that helps you understand your smoking patterns and build the skills needed to become and stay smokefree.</p> <div data-bbox="1724 857 1850 984" style="text-align: center;">  </div> <p>quitStart</p> <p>The quitStart app takes the information you provide about your smoking history and gives you tailored tips, inspiration and challenges to help you become smokefree.</p> <div data-bbox="1717 1357 1856 1497" style="text-align: center;">  </div>