

Smoking Cessation Resources



PMHA will designate all Public Housing properties as smoke free effective July 30, 2018, as per HUD's Final Rule "Instituting Smoke-Free Public Housing". There are several community organizations that provide smoking cessation services or resources, which can assist residents in preparation for smoke-free housing, including:

Portage County Health Department in collaboration with University Hospital's Portage County Medical Center -- Call 330-296-9919, ext. 129 or email amitchell@portageco.com

Ohio Department of Health Website:
<http://www.odh.ohio.gov/odhprograms/eh/quitnow/Tobacco/TobaccoHome/Tobacco.aspx>

The Ohio Tobacco Quit Line
Call 1-800-QUIT NOW (784-8669) or log on to <http://ohio.quitlogix.org>

CVS MinuteClinic Start to Stop Program -- Locate your nearest CVS MinuteClinic here: <https://www.cvs.com/minuteclinic/clinic-locator>

Tips from Former Smokers Website:
<http://www.cdc.gov/tobacco/campaign/tips/>

American Cancer Society
To speak to a quit specialist, call **1-800-227-2345**

American Lung Association Freedom From Smoking Online Program –
Website: <http://www.ffsonline.org/>

Truth Initiative's EX Plan Program
Website: <http://www.becomeanex.org/>



Smoke-Free Housing:
The Smart Choice for
Our Community

