# TOBACCO/NICOTINE CESSATION RESOURCES TO HELP PEOPLE QUIT SMOKING AND/OR USING E-CIGARETTES

#### STATEWIDE RESOURCES

#### **Quit Now Kentucky**

Call 1-800-QUIT-NOW (1-800-784-8669) Text QUITNOW to 333888 quitnowkentucky.org



# My Life, My Quit (17 years old and younger)

Call 855-891-9989

Text START MY QUIT to 36072

mylifemyquit.com



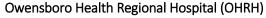
#### **LOCAL RESOURCES**

# Green River District Health Department (GRDHD)

Green River District Health Department has Health Educators who can help refer you to various community resources based on your needs.

Call 270-686-7747

healthdepartment.org/course/tobacco-facts



Owensboro Health has certified Tobacco Treatment Specialists (TTS) who meet one-on-one with participants to discuss their triggers, concerns and previous attempts at quitting.

Call 270-417-7564

owensborohealth.org/services/smoking-cessation





# **Deaconess Henderson Hospital**

Hailey Hagen, B.S., CPT
Team Leader – Wellness Solutions
Deaconess Corporate Center (Eagle Crest)
812-450-BFIT (2348)
hailey.hagen@deaconess.com

# Health First Community Health Center

Candie Outlaw, RN Quality Improvement Specialist coutlaw@hfchc.net

Referral to Behavioral Health Specialist

Toll Free: 1-877-667-7017 After Hours: 270-667-7017 healthfirstcares@hfchc.net



## Hancock County Tobacco Treatment Specialist (TTS)

Holly Simpson, MPA, TTS
Hancock County ASAP Coordinator
3549 State Route 1389
Hawesville, KY 42348
270-922-1018

hollyestessimpson@gmail.com

# Freedom From Smoking (FFS)

Freedom From Smoking (FFS) is for individuals who are ready to quit smoking. This is a seven-week course and is offered at NO COST.

Owensboro Health Healthpark

270-688-3291

owensborohealth.org/services/community-wellness/freedom-from-

smoking

Registration for Freedom From Smoking Course:

Gary Hall (GRDHD)

Phone: 270-344-5585; Email: gary.hall@grdhd.org

### RiverValley Behavioral Health (RVBH)

RiverValley Behavioral Health has clinicians who are trained Tobacco Cessation Specialists and can provide one-on-one counseling support. *Medicaid and insurance are accepted. Telehealth services are available.* 

Point of Entry: Call 270-689-6879

 Jorden Knight
 Michael Howerton
 Jackie Merrill, APRN, FNP

 270-689-6690
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