



you've seen the signs of tobacco addiction...

you've seen the signs of what smoking is doing to your health...



you've seen the signs of what smoking does to your wallet...

Now, open your eyes to a sign that can change your life...



Get help in your quest to become smoke free.

Participate in a stop smoking program

It's the journey of a lifetime!

## Requirements

Participants in individual counseling must:

- Get the Health Department's prescription/medical clearance form completed by their health care provider, which states that individuals may participate in the smoking cessation program and may use the specified stop smoking medication

- Live or work in Somerset County\*

- Be at least 18 years of age

- Attend the individual coaching sessions

\* *If you don't live or work in Somerset County, call your local health department to find out about their program.*



### Somerset County Health Department

Health Promotion and Disease Prevention

7920 Crisfield Hwy.

Westover, MD 21871

Phone: 443-523-1760

Fax: 410-651-3425

[www.somersethd.org](http://www.somersethd.org)

Cessation programs funded by Maryland's Cigarette Restitution Fund and the Department of Health and Mental Hygiene

Somerset County Health Department

## Stop Smoking Programs



## Good Reasons to Quit

A pack-a-day smoker can spend over \$2500 a year on cigarettes.

Cigarette smoke contains more than 5,000 nasty chemicals.

Secondhand smoke hurts people who don't smoke.

It takes most people more than one try to quit — so keep trying!

Even smokers can have a smoke free house & car for others' sake.

Dogs exposed to secondhand smoke are twice as likely to get cancer.

Cats exposed to secondhand smoke are three times as likely to get cancer.

## Individual Coaching

These FREE 10-week coaching sessions are offered on an on-going basis. Sessions are held at our Westover location on Rt. 413 and provide flexible scheduling.

Topics cover issues such as addiction and recovery, stress and coping, weight management, positive thinking, health consequences, financial impact, second hand smoke, and preventing relapse.



Medications offered at no charge are the nicotine replacement patch or the nicotine blocker Chantix.

Call 443-523-1760 for more information or to register.

## Quitline

The Maryland Tobacco Quitline is a FREE service for Marylanders provided by the Department of Health and Mental Hygiene.

This telephone-based counseling and support program consists of four calls from a trained Quit Coach over 3–5 weeks. Participants can also call to speak to a Quit Coach during Quitline hours.

Quit Coaches provide quitting tips and techniques, help participants create a personalized quit plan, and provide participants with a free 4-week supply of nicotine replacement patches or nicotine gum.

Call 1-800-QUIT-NOW (1-800-784-8669) seven days a week, 8:00 a.m. to midnight for more information.

