



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 one of our stop smoking programs

It's the journey of a lifetime!

Requirements

Participants in group class or 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 specific stop smoking medication
- Live or work in Somerset County
- Be at least 18 years of age
- Attend the group class or individual counseling sessions



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

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

Somerset County Health Department

Stop Smoking Programs



Group Class

This FREE 10-week class is designed to be fun, supportive, educational, and non-judgmental.



Activities include peer support and education.

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

The medications provided are the nicotine replacement patch or the nicotine blocker Chantix.

Classes are held in our Westover location and usually begin in February, April, and October; call 443-523-1760 to find out when the next class is. Participants must be registered prior to start of class.

Individual Counseling

These FREE 10-week counseling sessions are offered on a limited basis. Sessions are held at our Westover location and are scheduled at a time that is convenient for the participant.

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



Medications used during counseling are the nicotine replacement patch or the nicotine blocker Chantix.

Call 443-523-1760 to find out about availability.

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 (while supplies last).

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

