

# Quit tobacco use



**Lorain County  
Public Health**

For the Health of Us All

Recovery from tobacco use is possible.  
Get a coach to help you quit for good.

## For adults 18+:

Call 1-800-QUIT-NOW (784-8669) or chat at [ohioquits.org](https://ohioquits.org)

- Free, confidential help for all Ohioans regardless of income and insurance
- Phone and/or online chat support on your own schedule
- Up to 8 weeks of nicotine replacement therapy - free
- Proven results - the Quit Line has helped more than 1.5 million people quit
- Non-judgmental support from trained coaches
- Five 15-20 minute calls for people who are not pregnant
- Ten 15-20 minute calls for people who are pregnant

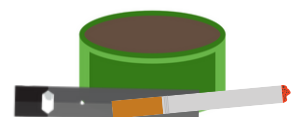


Quit Line

## Get help in Lorain County

- Lorain County Community College, 440-366-4848
- Mercy Health - Lorain Pulmonary, 440-960-6431
- Riveon Mental Health and Recovery, 440-989-4900

Talk to your healthcare providers about quitting. They can get you connected to over-the-counter medicine, prescription medicine, and trained specialists who can help you.



**More info:** [LorainCountyHealth.com/quitnow](https://LorainCountyHealth.com/quitnow)