

Tobacco Cessation Resources

Adagio Health

1097 Oak Street
Indiana, PA 15701
Cortney Schrecengost, M.Ed
Tobacco Regional Health Educator
724-471-7589
724-433-1562 (Cell)
cschrecengost@adagiohealth.org

Fayette County Drug & Alcohol Commission, Inc.

100 New Salem Road
Uniontown, PA 15401
724-438-3576

Highmark Blues on Call

Developed with the help of ex-tobacco users and tobacco cessation experts, this program is designed to help you quit tobacco for good.

Visit

https://www.highmarkblueshield.com/content/images/espots/CS201324_TobaccoUse_FLY_BS_FS.pdf?cm_re=Highmarkblueshield--Bottom.

PA Quitline

1-800-QUIT-NOW

Telephone-based tobacco cessation counseling service offering free coaching, with no judgment. This program has a proven record of increasing your chances of staying smoke free for good.

Visit <https://pa.quitlogix.org/en-US/>.

Special Quitline Programs

Pregnant & Postpartum Program

Visit <https://www.health.pa.gov/topics/programs/tobacco/Pages/Pregnancy.aspx>

Youth Tobacco & Vaping Cessation Program

Visit mylifemyquit.com or text/call 1-855-891-9989

Penn State Cooperative Extension

214 Donohoe Road, Suite E
Greensburg, PA 15601
724-858-4223

quitSTART App

The quitSTART app is a free smartphone app that helps you quit smoking with tailored tips, inspiration and challenges.

Visit <https://smokefree.gov/tools-tips/apps/quitstart> to learn more.

The quitSTART app is a product of Smokefree.gov, a smoking cessation resource created by the Tobacco Control Research Branch at the National Cancer Institute in collaboration with the U.S. Food and Drug Administration and input from tobacco control professionals, smoking cessation experts and ex-smokers.

SmokefreeTXT

This program is for adults who are ready to quit smoking and lasts 6-8 weeks, depending on your quit date. You will receive 3-5 messages per day.

To sign up, visit https://smokefree.gov/tools-tips/text-programs/quit-for-good/smokefreetxt?s_cid=OSH_tips_D9402 or text **QUIT** to **47848**.

For more information about SmokefreeTXT and other text message programs, visit <https://smokefree.gov/tools-tips/text-programs/faqs>.