

BREATHE EASY

THIS PUBLIC PROPERTY

is

100% SMOKE-FREE



Tobacco-Free
FOR A HEALTHY NEW JERSEY



Hunterdon Healthcare
July 20 '15

Trenton parks are now officially smoke-free #BreatheEasy



Smoking now banned in Trenton parks

Smoking of cigars, cigarettes, pipes and electronic cigarettes is now prohibited in city parks, recreational areas, city facilities and inside city vehicles

#NJ.COM

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Tobacco Resource Guide

Name of Program/Resource	Description	Cost	Audience	Contact Information
<p>CVS</p> <p>Stop smoking with Start to Stop®, smoking cessation program*</p>	<p>Studies show that smokers assisted by a health care provider have a greater chance of quitting smoking. We created this program to help those over 18 kick the habit.</p>	<p>Covered by most insurances</p>	<p>Come in for personal counseling with a nurse practitioner to help you quit smoking.</p>	<p>Any CVS in Mercer County</p>
<p>Rite Aid</p> <p>“Try to quit smoking for good with help from Rite Aid.</p>	<p>“Quit For You” takes a personalized wellness approach to quitting smoking that is unlike any other smoking cessation program available</p>	<p>Covered by most insurances</p>	<p>Come in for personal counseling with a nurse practitioner to help you quit smoking.</p>	<p>Any Rite Aid in Mercer County</p>
<p>Walgreen’s</p> <p>“Quit Smoking & Tobacco”</p>	<p>“Quit Smoking & Tobacco” Is a program offered by local Walgreen’s to help anyone quit smoking?</p>	<p>Covered by most insurances</p>	<p>Come in for personal counseling with a nurse practitioner to help you quit smoking.</p>	<p>Any Walgreen’s in Mercer County</p>
<p>Mercer County New Jersey Hypnosis Options</p>	<p>Hypnotherapy Therapists in Mercer County</p>	<p>Based on arrangement with therapist</p>	<p>Make requests specifically for smoking cessation</p>	<p>Go to Psychology Today.com http://therapists.psychologytoday.com/</p>
<p>Mercer Council Resource Library</p>	<p>Videos for loan</p>	<p>FREE</p>	<p>All ages</p>	<p>609-396-5874 Lawrence, NJ 08648 Contact: Barbara Sprechman</p>
<p>American Cancer Society</p>	<p>Get questions answered about smoking, tobacco, secondhand smoke and health; women and smoking; cigar smoking; teen smoking (Info also in Spanish)</p>	<p>FREE</p>		<p>1-800-227-2345 www.cancer.org</p>

Nicotine Anonymous (Nica)	12-step program, meeting schedules and locations, print materials, information on how to start a group in your area	FREE	All ages	1-877-879-6422 www.nicotine-anonymous.org QuitNet www.quitnet.com
Great American Smoke Out Third Thursday in November (November 19, 2015)	Encourages smokers to use the date to make a plan to quit or to plan in advance and quit smoking that day.		All ages	American Cancer Society (Local office in North Brunswick, NJ(732-297-800, x3)
Quit Smoking	Quit Smoking Now and Breathe a Sigh of Relief!	Care Management Wellness Guide Planning	All ages	Healthfirst, NJ 821 Alexander Rd, Suite 140 Princeton NJ 08540 1-877-237-1308
Mercer County Tobacco Dependence Program	This is one of seven state-supported NJ Quitcenters, which are face-to-face counseling clinics offering customized smoking cessation services on a sliding fee scale.	No fee for counseling for qualified individuals. Reduced pricing for Nicotine Replacement Therapy	All ages	Marc Steinberg, Ph.D. or Donna Drummond 222 East State Street Trenton, NJ 08606 609-396-7707 www.mercercountytobacco.com
American Lung Association	Freedom from Smoking Group Clinics, Inspirational videos, Quitting Tips		All ages	Helpline: 1 800-LUNG-USA
Lung Force Walk American Lung Association May 3, 2015	Hamilton Township, NJ Event Veterans Park Mercer County 2206 Kuser Road Hamilton Township, NJ 08690	Fundraiser minimum is \$100.00 or 4 people on a team contributing \$25.00 each	All ages, under 18 must be accompanied by an adult 21 or older	Participate on a team, as an individual or as a volunteer, the LUNG FORCE Walk is a great opportunity to raise your voice and join our FORCE against Lung Cancer
Not On Tobacco (N-O-T)	School-based smoking cessation program for daily smokers (10 sessions, 50 minutes each & 4 boosters).	~\$300	Youth ages 14-19	John Keith, American Lung Association: 610-941-9595 ext. 415, jkeith@lunginfo.org

Capital Health Medical Center Hopewell	We are dedicated to promoting a healthy lifestyle, and want to help you beat your nicotine addiction.			We have trained counselors to discuss your quitting options.	1 800-637-2374
University Medical Center of Princeton at Plainsboro (UMCPP)	Breathe Easy: Managing Pulmonary Disease We provide treatment for mild to moderate COPD.			Medical services offered	1 866-460-4776
New Jersey Quitline	Treatment resources and counseling support	Free		All ages	1 866-NJSTOPS
Mom's Quit Connection	Telephone or face to face cessation counseling for pregnant and parenting women and families	Free		All ages	1 866-657-8677
Project Towards No Tobacco Use	Classroom based curriculum (10 core & 2 booster lessons, 40-50 minutes each) that aims to prevent and reduce tobacco use.	Training is not required by developer. \$45/teacher's guide, \$19/5 student workbooks.		Middle School	Leah Meza, USC: 800-400-8461, leahmedi@usc.edu
World No Tobacco Day May 31	To contribute to protect present and future generations not only from the devastating health consequences due to tobacco, but also from the social, environmental and economic scourges of tobacco use and exposure to tobacco smoke.			All ages	World Health Organization

<p>Save A Sweetheart February 14</p>	<p>This anti-smoking educational campaign uses the Valentine symbolism of the heart, and of the “sweetheart”, to educate high school students about the health risks involved in smoking. Smokers are asked to pledge to stop smoking for one day- Valentine’s Day-and non-smokers are asked to pledge not to start. Those who pledge are given badges that say “I’m kissable, I don’t smoke.”</p>			<p>American Heart Association</p>
<p>Enough Snuff</p>	<p>Self-help, self-paced tobacco cessation program for individuals who use smokeless tobacco which included a 60-page guide, 20-minute DVD and supportive phone calls from a counselor.</p>	<p>Training is not required by developer. \$11.95/1 guide, \$547.50/50 guides, \$895/100 guides, \$49.95/DVD, \$10/set Pocket Guide.</p>	<p>Ages 18 and over</p>	<p>Herbert H. Severson, PhD, 541-484-2123, herb@ori.org</p>