

TOBACCO/NICOTINE CESSATION RESOURCES

TO HELP PEOPLE QUIT SMOKING AND/OR USING E-CIGARETTES

STATEWIDE RESOURCES

Quit Now Kentucky

Call 1-800-QUIT-NOW (1-800-784-8669)

Text QUITNOW to 333888

quitnowkentucky.org



My Life, My Quit (17 years old and younger)

Call 855-891-9989

Text START MY QUIT to 36072

mylifemyquit.com



LOCAL RESOURCES

Ohio County HEALTHCARE

Ohio County HealthCare has Tobacco Treatment Specialists (TTS) that meet one-on-one and assist participants who are ready to quit their nicotine habit. This service is offered at **NO COST**

Contact Number: 270-298-7496

Connie Embrey, RN or Stephanie Rachels, RN

Scan to
Register
Online



Owensboro Health Regional Hospital (OHRH)

Owensboro Health has certified Tobacco Treatment Specialists (TTS) who meet one-on-one with participants to discuss their triggers, concerns and previous attempts at quitting.

Call 270-417-7564

owensborohealth.org/services/smoking-cessation



Owensboro Health Henderson Healthplex

1200 Barret Blvd.

Henderson, KY 42420

Main: [270-844-8600](tel:2708448600)

Tobacco Treatment Specialist Counseling – No cost

Health First Community Health Center

Jenna Jerger, Marketing Director

Email: jjerger@hfchc.net

Referral to Behavioral Health Specialist

Toll Free: 1-877-667-7017

After Hours: 270-667-7017

healthfirstcares@hfchc.net



Hancock County Tobacco Treatment Specialist (TTS)

Holly Simpson, MPA, TTS

Hancock County ASAP Coordinator

3549 State Route 1389

Hawesville, KY 42348

270-922-1018

hollyestessimpson@gmail.com



Freedom From Smoking (FFS)

Freedom From Smoking (FFS) is for individuals who are ready to quit smoking. This is a seven-week course and is offered at NO COST.

Registration for Freedom From Smoking Course:

Gary Hall (GRDHD)

Phone: 270-344-5585; Email: gary.hall@grdhd.org



RiverValley Behavioral Health (RVBH)

RiverValley Behavioral Health has clinicians who are trained Tobacco Cessation Specialists and can provide one-on-one counseling support.

Medicaid and insurance accepted. Telehealth services are available.

Point of Entry: 270-689-6879

Jorden Knight

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