

# FREE Support to Help You Quit

*For one-on-one or group support to help you quit using tobacco, contact one of the people or agencies listed below.*

County	Location(s)	Contact	Phone
<b>Clearwater</b>	Pierce, Weippe, Orofino	Linda Beard	208-435-4806
		Public Health—INCD	208-476-7850
<b>Idaho</b>	Cottonwood, Grangeville, Kooskia (others, as needed)	Chere Souther	208-816-3966
		JuLee Harper	208-816-3582
		Public Health—INCD	208-983-2842
<b>Latah</b>	Deary, Moscow, Kendrick (others, as needed)	Gritman Medical Center	208-883-6236
		U of I Vandal Health Education	208-885-4146
		Public Health—INCD	208-882-7506
<b>Lewis</b>	Kamiah, Nezperce, Craigmont	Chere Souther	208-816-3966
		JuLee Harper	208-816-3582
		Public Health—INCD	208-935-2124
<b>Nez Perce</b>	Lewiston, Lapwai (others, as needed)	St. Joseph Regional Med. Center	208-750-7360
		Public Health—INCD	208-799-3100

## Classes sponsored by:

**Public Health—Idaho North Central District and supported by the Millennium Tobacco Fund. For questions about the classes, please contact:**

**Heidi Henson at 208-799-0368 or**

**[hhenson@phd2.idaho.gov](mailto:hhenson@phd2.idaho.gov)**



**Public Health**  
Idaho North Central District



# What if you finally found the help you needed to quit tobacco?

**Idaho Residents:** Can receive up to 8 weeks of FREE nicotine replacement therapy (gum, patch or lozenge) by calling the Idaho Quitline at 1-800-QUIT-NOW or by visiting [projectfilter.org](http://projectfilter.org).



**Washington Residents:** May be eligible for 2 weeks of FREE nicotine replacement therapy (gum or patches) by calling the Washington Quitline at 1-800-QUIT-NOW. Residents with Apple Health qualify for 12 weeks of FREE nicotine replacement therapy (gum or patches) per year.



[smokefree.gov](http://smokefree.gov)

[women.smokefree.gov](http://women.smokefree.gov)

[smokefree.gov/veterans](http://smokefree.gov/veterans)

[teen.smokefree.gov](http://teen.smokefree.gov)

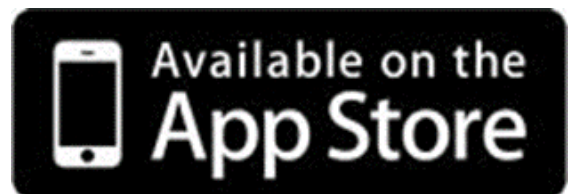
[espanol.smokefree.gov](http://espanol.smokefree.gov)

[mylastdip.com](http://mylastdip.com)

[ffsonline.org](http://ffsonline.org)

[becomeanex.org](http://becomeanex.org)

[nihseniorhealth.gov/quittingsmoking](http://nihseniorhealth.gov/quittingsmoking)



quitSTART



QuitGuide



Smoke Free



Quit Now!