



PHELPS COUNTY REGIONAL MEDICAL CENTER  
1000 WEST TENTH STREET  
ROLLA, MISSOURI 65401

*Excellence in Health Care*



Phelps County Regional Medical Center is committed to the promotion of quality health care, which includes the prevention of disease.

As part of that effort, PCRMC is proud to offer support to its patients and members of the surrounding communities in their efforts to stop the use of tobacco in any form.

We also recognize that each individual differs in what methods work best in obtaining information, medication, support and SUCCESS!

**If you'd like additional information on quitting smoking and tobacco use, please call 573-458-7691, or go to [www.pcrmc.com](http://www.pcrmc.com).**

You'll receive a packet including:

- Information and on quitting all forms of tobacco use and staying quit
- Current updates on tobacco cessation aids such as medication, gum, patches, electric cigarettes, etc.
- Material showing what to expect with regard to withdrawal symptoms, cravings, and how to deal with "triggers" such as boredom, anger, and stress.

You'll also receive information on resources that best suit your needs, such as:

- Live virtual support groups and chat rooms
- One-on-one phone counseling with those trained in tobacco cessation
- Step by step programs to be completed at your own pace
- Texting support programs with daily encouraging texts and tweets
- Upcoming 1-hour classes on quitting tips and expectations on your journey to success.

**We're here to help YOU re-take control of your life as you break free of tobacco.**



# Resources For Getting and Staying Tobacco Free

The logo for smokefree.gov, featuring the text "smokefree.gov" in white lowercase letters on a dark blue rectangular background.

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

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

This program was developed in collaboration with, and is sponsored by, the states and the U.S. Department of Health and Human Services. It provides **free cessation assistance and resource information** to all U.S. tobacco users, including:

- support and advice from an experienced cessation counselor,
- a personalized quit plan,
- self-help materials,
- social support and coping strategies to help you deal with cravings, and
- the latest information about cessation medications.



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

As part of Smokefree.gov, The Smoke Free Women website **covers smoking-related topics that are often important to women**, such as weight management and stress, and tells how to contact experts and find other resources.

## SmokefreeTXT



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

**Quitting: on your phone, on your terms.** SmokefreeTXT is a free mobile service designed for teens and young adults to provide 24/7 encouragement, advice, and tips to help smokers stop smoking for good.

Signing up is quick and easy – and FREE! Once you sign up, you'll start receiving text messages. (If you pay for individual texts, this program may not be for you.\* Check with your mobile provider.)

**National Cancer Institute**  
at the National Institutes of Health



**1-877-44U-QUIT (1-877-448-7848)**

**[www.cancer.gov](http://www.cancer.gov)**

**Talk with an NCI smoking cessation counselor for help quitting** and answers to smoking-related questions in English or Spanish - call toll free within the United States, Monday through Friday 8:00 a.m. to 8:00 p.m. Eastern Time.

## **Live Help Online Chat**

Get information and advice about quitting smoking through a **confidential online text chat** with an information specialist from NCI's Cancer Information Service - Monday through Friday, 8:00 a.m. to 11:00 p.m. Eastern Time.



**1-800-LUNG USA (1-800-586-4872)**

***[lungusa.org/stop-smoking](http://lungusa.org/stop-smoking)***

Experts from the American Lung Association have developed **multiple approaches to help you find the one best suited for you or a friend or family member.**



*[Tips for Parents](http://lungusa.org/stop-smoking/about-smoking/preventing-smoking/for-parents)*

***[lungusa.org/stop-smoking/about-smoking/preventing-smoking/for-parents](http://lungusa.org/stop-smoking/about-smoking/preventing-smoking/for-parents)***

Parents, do you need help talking to your kids about smoking? We **have tips on keeping your kids from smoking and encouraging them to quit if they've already started to smoke.**

## **QuitNet**



***[QuitNet.org](http://QuitNet.org)***

QuitNet is host to a thriving, **supportive online community of current and ex-tobacco users.** With thousands of messages posted each day, our forums form the heart and soul of the "Q". From simple smoking cessation tips, to shared experiences with Nicotine Replacement Therapy and other quitting medication, the QuitNet community is designed to help members help each other quit smoking...for good!

QuitNet allows you to:

- Browse support forums
- Ask for help through forums, chat rooms and sending a "Q-mail" to a friend
- Find a buddy – Add a friend to your "buddy" list so you'll know when they're online. Find users with quit dates near yours.
- Support others – The magic of QuitNet lies in the support provided by successful quitters. Helping others will even help you stay quit.



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

To help adult smokers quit, the American Lung Association offers *Freedom From Smoking*<sup>®</sup>. FFS Online takes you through modules, each containing several lessons that you access through this protected website. These lessons include valuable information and most of them contain an assignment that you are to complete before moving on. The assignments reinforce the messages in each lesson and your commitment to quit.

**FFS Online does not begin with quitting.** The program takes you through several lessons first, ensuring that solid information about preparing to quit is given before Quit Day. Go ahead and progress through the lessons and modules until you complete the entire program. **The beauty of FFS Online is that it can be accessed day or night, seven days a week, on any schedule you choose.**

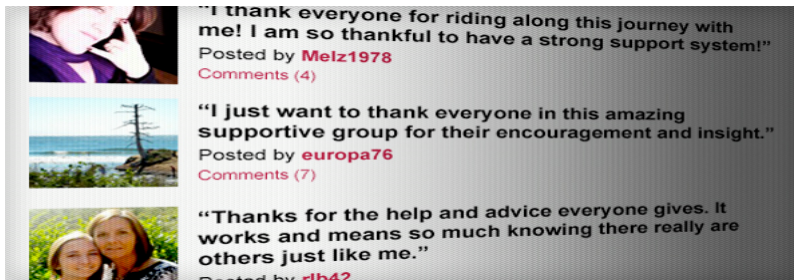
The program teaches the skills and techniques that have been proven to help smokers quit. *Freedom From Smoking*<sup>®</sup> is available as a group clinic, an online program and a self-help book. You can also speak to a cessation counselor at the Lung Help Line (1-800-586-4872). **FFS offers a free preview of online program to see if it will work for you**



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

The EX Plan is a free quit smoking program that helps you re-learn your life without cigarettes. Before you actually stop smoking, we'll show you how to deal with the very things that trip up so many people when they try to quit smoking. So you'll be more prepared to quit and stay quit.

**Create a free, personalized quit plan while tracking “triggers” that lead to tobacco use. You’ll have access to a live virtual support group.**



Whether this is your first try at quitting smoking or your 10<sup>th</sup>, the EX Plan can help you really do it this time.



[www.quit4life.com](http://www.quit4life.com)

Q4L is organized around 4 central steps: **Get Psyched, Get Smart, Get Support, Get On With It.** The site has been re-designed as an interactive and personalized 4 week web program.

Each week, you will be asked to complete 3-5 activities on-line which will help you learn about why you smoke, how to quit and how to stay quit once you get there. [Create a personalized profile](#), store and save your completed activities, build a quitting calendar, track your smoking on-line, sign up for e-mail reminders and messages, learn how to deal with stress, boredom and people who might not support you - all from the comfort of your computer! Be one of the first to try the new Q4L on-line program!

# Phelps Country Regional Medical Center

## Tobacco Cessation Classes

### *The Truth About Tobacco*

Time: 11:30-12:30

Cost: \$25

Dates: January 11, April 3, August 7

Course: This course provides information on how tobacco companies are targeting children and to shows the campaign strategies used to market tobacco to the young.

### *Quitting Tobacco for Fun & Profit*

Time: 11:30-12:30

Cost: \$25

Dates: February 9, May 8, October 9

Course: This class provides tips and tools for getting and staying tobacco free. It includes information on what to expect, behavior alternatives, and how to keep from gaining 3 sizes while stopping smoking.

### *Take Back Your Life - Breaking Free of Addiction to Tobacco*

Location: Community Health Education, Classroom B

Time: 5:30-6:30pm/4 Sessions

Cost: \$50

Dates: March 7, 14, 21 & 28

August 8, 15, 22 & 29

Course: This 4-week session provides a group approach to getting and staying tobacco free. It provides information on what you can expect during withdrawal, how to avoid relapse, ways to identify triggers and how to keep from gaining weight after quitting. The class uses awareness and behavior modification to help you break free of the addiction to tobacco and take your life back.

### *Getting and Staying Tobacco Free*

Location: Classroom

Time: 5:30-6:30pm

Cost: \$25

Dates: Jan 11, Feb 8, May 9, July 11, Oct 10, Dec 12

Course: The objective of this class is to help each individual identify what methods would work best in getting and staying tobacco free. Each participant receives information including:

- Materials on quitting all forms of tobacco use and staying quit
- Current information on tobacco cessation aids such as medication, gum, patches, electric cigarettes, etc.
- Literature showing what to expect when dealing with withdrawal symptoms, cravings, and “triggers”
- Live virtual support groups and chat rooms
- One-on-one phone counseling with those trained in tobacco cessation
- Step by step programs to be completed at your own pace
- Texting support programs with daily encouraging texts and tweets

### *Smoking Support Group (includes all types of tobacco cessation)*

This support group is open to anyone who is actively trying to quit using tobacco or who is trying to stay tobacco free. Please call 573.458.7691 for more information.