

Tobacco Cessation in Your Community

Palmetto Health, in conjunction with the University of South Carolina's Department of Family and Preventive Medicine, offers a free, comprehensive, adult smoking cessation program. The Free Yourself from Smoking class uses a combination of:

- Motivational Counseling
- Medical Consultation
- Free one-month supply of Zyban (Wellbutrin)
- Attending six sessions within three-weeks.

Last year, more than 400 people participated in the program and of these, 89 percent now are non-smokers.

Classes are held twice a week, Mondays through Thursdays, at 5:30 p.m. and 7 p.m. at Palmetto Health Baptist, 1501 Sumter St., in the Community Services conference room (basement). Advance registration is required and is open to residents of Richland, Lexington and Fairfield counties.

For more information or to register for the next available class, call 803.296.2273.

Tobacco Cessation by Phone

If you would rather speak to a smoking cessation coach over the phone, call 1-800-QUIT-NOW (784-8669) through the [Quit For Keeps](#) program. You will talk with a trained tobacco treatment specialist who can assist you in your quit attempt.

- The phone call is free.
- Hours are 8 a.m. to 3 a.m., seven days a week.
- You will work with a quit Coach to create a personalized Quit Plan

Tobacco Cessation by Text Messages

Receive information and advice about quitting smoking through real time text messaging with [The National Cancer Institute's LiveHelp Service](#). Cessation support is offered by a live smoking cessation counselor. LiveHelp is offered only in English only during specified hours of operation.

Tobacco Cessation on the Web

- [Become An Ex](#)

[About re-learning life without cigarettes, the free *Become an EX plan* is based on personal experiences from ex-smokers, as well as the latest scientific research from the experts at Mayo Clinic.](#)

- [Determined to Quit](#)

This site includes *The Quit Companion* which is a tool that can be tailored to meet your needs. If you're not ready to commit to a specific day just yet, the Companion can become your personalized electronic quit journal. It will track your habits and provide a visual picture of your smoking patterns. Determined to Quit also provides information on how to quit and progress charts to track progress.

- [Smokefree.gov Website](#)

A site dedicated to help individuals quit smoking. Reasons to quit, how to prepare to quit, managing cravings, determining your "triggers," information about various smoking cessation aids, a publication geared just for African American smokers and more are offered at this site.

- [Quitnet](#)

Track the amount of lifetime and money saved by quitting. Quitnet offers a way to create your own quit plan and forums where you can communicate with others and expert advice. Information is available in Spanish. An online chat area is available when members "need help right now."

- [Freedom From Smoking Online](#)

American Lung Association's free online smoking cessation program. This program includes developing your own quitting plan, dealing with recovery symptoms, controlling weight, managing stress through relaxation techniques, and being ready to fight urges to go back to smoking.

- [My Last Dip](#) This web site is designed to help people quit using chewing tobacco.