



**St. Clair County
Community Mental Health**
Providing Opportunities for Health, Wellness, & Connection

www.scccmh.org



Quit Toolkit

Resource List for Quitting Smoking, Vaping, and Staying Tobacco-Free

Welcome to the Quit Toolkit, a list of resources and strategies to support you as you work to quit using tobacco and vape products. With informative fact sheets and online resources, we aim to equip you with the tools needed to foster a healthier, smoke/tobacco/vape-free lifestyle. We hope you'll find valuable information to share with anyone looking to make a positive change in their lives.

Fact Sheets:

[Comprehensive Coverage of Tobacco Cessation - Fact Sheet](#)

[E-Cigarette Factsheet](#)

[Electronic Cigarettes](#)

[Electronic Cigarettes: What You Need to Know](#)

[Life's Essential 8: How to quit tobacco](#)

[JUUL Fact Sheet -- Physician](#)

[Managing Your Mood After You Quit Tobacco](#)

[NAMI MI and Smoking](#)

[NAMI MI and Smoking Cessation](#)

[Quitting Tobacco Fact Sheet 2024](#)

[Tips to Quit Smoking Fact Sheet](#)

[Smoking and Type I Diabetes](#)

[State Fact Sheets | Smoking & Tobacco Use | CDC](#)

[Stopping Smoking and Withdrawal](#)

[Supporting Others During a Quit](#)

[Why Do Children Need to be in a Smoke Free Home?](#)



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Online Resources:

[Tobacco Use in Michigan 2023](#)

The Truth Initiative's 2023 report on tobacco use in Michigan reveals that adult smoking and vaping rates in the state are slightly higher than the national average, with youth vaping rates notably concerning. Michigan allocates a small percentage of its tobacco revenue towards prevention, and the health and economic impacts of tobacco use are substantial. The report highlights that effective cessation resources are available but underutilized within the state.

[Quit Smoking & Vaping - American Lung Association](#)

The American Lung Association's "Quit Smoking" resources offer tools, programs, and support to help individuals quit smoking and vaping. Key features include the "Freedom from Smoking" program, information on the health impacts of tobacco, and specific resources for teens, parents, and schools to address smoking and vaping prevention.

[How To Quit Smoking or Smokeless Tobacco - American Cancer Society](#)

This guide from the American Cancer Society presents a step-by-step approach to quitting smoking, with sections on coping with withdrawal, avoiding triggers, and accessing support groups for a successful quit journey.

[Want to Quit Smoking? FDA-Approved and FDA-Cleared Cessation Products](#)

The FDA outlines various FDA-approved smoking cessation tools, such as gums, patches, and medications, providing guidance on selecting the right aid and tips on maximizing success through proper use.

[Quitting smoking: 10 Ways to Resist Tobacco Cravings - Mayo Clinic](#)

The Mayo Clinic offers 10 techniques for managing nicotine cravings, such as distractions, relaxation techniques, and planning for challenging moments. These practical steps aim to help individuals overcome urges and maintain a smoke-free lifestyle.

[Free Quit Smoking Tips - Tobacco Free Earth](#)

This site shares free resources for those quitting smoking, including information on the risks of tobacco, health benefits of quitting, and steps to make the process more manageable, emphasizing support and informed choices.



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[Smokefree Veterans – Veteran's Administration](#)

This program by the VA provides veterans with resources like personalized quit plans, live coaching, and text support, recognizing the unique challenges veterans may face when quitting smoking and offering tailored support.

[Michigan - LGBTQ+ Community – Michigan QuitLogix](#)

Michigan QuitLogix offers resources tailored for the LGBTQ+ community, addressing higher smoking rates and unique social pressures. It provides community-centered support to create a safe quitting environment.

[Youth Vaping, Smoking & Nicotine Use – This Truth Initiative](#)

This Truth Initiative resource discusses vaping's health risks, particularly for youth, and shares prevention tools, education, and support resources to encourage a nicotine-free lifestyle among young people.

[Quit Smoking Guide – American Academy of Family Physicians](#)

The American Academy of Family Physicians guide offers a structured approach for those wanting to quit, with specific advice on setting a quit date, overcoming challenges, and understanding withdrawal symptoms.

[How to Quit Smoking – Centers for Disease Control](#)

The CDC's "Tips from Former Smokers" program provides guidance and support for quitting smoking through real stories, personalized quit plans, and free resources like hotlines, text messaging services, and the QUIT START app. It also highlights the health benefits of quitting and offers practical tools to manage withdrawal symptoms and cravings. These resources aim to assist people in achieving a smoke-free lifestyle with ongoing support.

[Tobacco Prevention Activities – Quit SD](#)

Activities for a comprehensive approach to tobacco-use prevention. These activities include hands on activities, crosswords, coloring sheets, that have been proven to impact long-term, tobacco-control goals.



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Videos:

[5 TIPS to QUIT SMOKING/ Want to quit but don't know where to start? – Dr. SMART Team](#)

Tobacco smoking is perhaps the MOST ADDICTIVE substance. Quitting is a challenge but is POSSIBLE! This is the right time to QUIT. Learn what makes it so hard to quit? what are symptoms of nicotine withdrawal? what happens when you quit? what are the harms of smoking? can body recover after quitting? how to quit smoking? what medicines to use for quitting? How to stop craving?

[Tips from Smokers – CDC](#)

The Tips From Former Smokers® campaign video series includes individuals living with or caring for someone with smoking-related diseases and disabilities. These diseases and disabilities changed the quality of their lives – some dramatically – including how they eat, dress, and handle daily tasks they once loved doing. Videos are real stories and speak from personal experience.

Phone Apps:

[quitSTART Quit Smoking App \(Free\)](#)

The quitSTART app is a product of Smokefree.gov, a smoking cessation resource created by the Tobacco Control Research Branch at the National Cancer Institute in collaboration with the U.S. Food and Drug Administration and input from tobacco control professionals, smoking cessation experts, and people who have successfully quit smoking.

[Stay Quit Coach](#)

Stay Quit Coach 2 is designed to help anyone who would like to quit or reduce use of cigarettes, electronic nicotine delivery systems, cigars and chewing tobacco. Stay Quit Coach 2 was developed by the National Center for PTSD at the U.S. Department of Veterans Affairs.



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About St. Clair County Community Mental Health:

St. Clair County Community Mental Health (SCCCMH) is dedicated to providing comprehensive behavioral health services to individuals of all ages. Our mission is to promote recovery, wellness, independence, and improved quality of life for those with a mental illness, serious emotional disturbance, intellectual/developmental disability, or substance use disorder. With a team of compassionate professionals, we offer a wide range of services, including counseling, psychiatric evaluations, medication management, and crisis intervention. We also collaborate with area schools, health care providers, businesses, law enforcement agencies, and other community organizations to ensure a holistic approach to behavioral health care.

Through advocacy and community education, we strive to be the clearinghouse of information and behavioral health resources for all living and working in St. Clair County. Our crisis response services are available to any person of any age in St. Clair County, 24 hours a day, seven days a week, regardless of insurance status.

To access or inquire about treatment services, call: 1-810-488-8888

For crisis support for a mental health emergency, call: 1-810-966-2575

To learn more about the services and supports available at SCCCMH, visit: www.scccmh.org.

Quick Links to SCCCMH Informational Brochures:

[How We Help - Overview of SCCCMH Services](#)

[Child & Family Services](#)

[Treatment Services for Mental Illness](#)

[Treatment Services for Substance Use Disorders](#)

[Treatment Services for Intellectual/Developmental Disabilities](#)

News and Events:

Keep up with what's happening at SCCCMH! Join our monthly email newsletter by clicking [here](#). Stay up to date with news, current events, advocacy, and information about mental health and wellbeing.