









Tobacco Cessation Resources

Program	Type	Description	How to Access
Tobacco Cessation Classes	Group classes 	Free evidence-based classes taught by certified instructors	http://www.cdhd.idaho.gov/hl-tobacco-cessation.php
Idaho QuitLine	Phone 	Telephone-based counseling and receive up to 8 weeks of free nicotine replacement therapy	http://projectfilter.org or 1-800-784-8669
Idaho Quitnow.net	Website 	Web-based counseling for tobacco users who are thinking about or are ready to quit	Idaho Quitnow.net
Quitter's Circle	Mobile Applications 	This application provides support to tobacco users during their quit journey	Download the Quitter's Circle app from the App Store or Google Play and use the code: CDHD

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