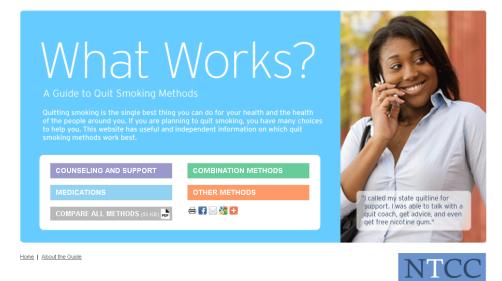
National Tobacco Cessation Collaborative (NTCC) What Works? Microsite



COUNSELING AND SUPPORT	EDICATIONS COMBINATION M	ETHODS OTHER METHODS	COMPARE ALL METHODS 🖒	Home About the Guide
Counseli	ng and	Support		
Talk with your doctor or pharmad				😑 🖪 🖂 🔧
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What Can Help Me To Quit?	How Well Does It Work?	How Much Does It Cost To Quit?1	Does Insurance Cover It?	Where Can I Get It?
Counseling and Support				
Counseling and Support-In Person (Individual or Group)	****	\$ to \$\$\$	✓	Your doctor, clinic, hospital or health department
Counseling and Support- Telephone	**	Free	No cost	Your state or local health department or quitline, such as 1-800-QUIT-NOW
CHART LEGEND				
1 Cost may be free or significantly reduces if your insurance, health plan, utiline or clinic provides coverage. 2 Generic versions, store brands and other brands are available. 3 Many quitines provide free or low-cost medication to eligible adults. Check with your quitine.	★★★★ = Best ★★ ★☆ = Better ★★ ৫৫% = Good ★ ৫৫%৫ = Okay এনটেটে = No evidence that this treatment is effective	\$ = under \$150 \$\$ = \$151 - \$299 \$\$\$ = \$300 and above	✓ = Yes, often covered. Check with your insurance company or health plan.	
COUNSELING AND SUP	PORT			
as a coach, can give you good	advice on ways to quit and s	alone or in a group with other apport you while you are tryin quit medicines can give you the	g to quit. The more often you	
To increase your chances of q	uitting, your counselor shoul	d talk to you about:		
 Setting a date to quit. You will have a better chance of quitting if you pick a date when you will start your quit. 				
 Recognizing danger situations. Identify events, feelings, or activities that increase your desire to smoke or going back to smoking once you have quit. Examples: Being around other smokers, having an alcoholic drink, or having a cup of coffee first thing in the morning. 				
Developing coping skills. Identify and practice ways to control your urges to smoke. These are called "coning or problem solving skills."				

- Identify and practice ways to control your urges to smoke. These are called "coping or problem solving skills." Example: Learning to cope with smoking urges by distracting yourself or changing your lifestyle to reduce stress.
- Staying informed.

Get basic information about smoking and successful quitting. Example: Nicotine leaves your body within 3 days of quitting smoking, and your body begins to adjust within 1-3 weeks after quitting.