



Tobacco Cessation – Resource Matrix

Type of Cessation Service	Organization & Address	Phone	Website	Cost	Additional Notes
<i>Group Class</i>	Karmanos Cancer Institute Farmington Hills & Detroit	(313) 576-8129	Email: layama@karmanos	\$30.00	Money refunded upon completion
	Beaumont Hospital Royal Oak	(248) 577-9277		FREE	3 hour session
	Center for Creative Living Royal Oak	(248) 414-4050	www.centerforcreativeliving.com	\$180.00	Holistic approaches 6 sessions - \$30.00 each
<i>One-on-one counseling</i>	Providence Cancer Institute Southfield	(248) 849-8115		FREE	Monday – Friday 8:00a.m. – 4:00p.m.
	Detroit Medical Center – Harper Hospital Detroit	(313) 745-8516		\$160.00	4 sessions - \$40.00 each
	CVS Minute Clinic Call for locations	(866) 389-2727	www.minuteclinic.com	\$30.00	Assessment and action plan
<i>Support Groups</i>	Nicotine Anonymous	(877) 879-6422	www.nicotine-anonymous.org	FREE	Internet and telephone meetings
<i>Quit kits or brochures</i>	American Heart Association	(800) AHA-USA1	www.americanheart.org	FREE	Click on Tobacco Cessation
	MI Dept of Community Health		www.michigan.gov/tobacco	FREE	Tobacco Quit Kit
	National Cancer Institute	(800) 4-CANCER	www.cancer.gov	FREE	Tobacco Quit Kit
	American Cancer Society	(800) 227-2345	www.cancer.org	FREE	
<i>Online programs</i>	www.quitnet.com			FREE	Enhanced services for employees with a fee
	National Cancer Institute		www.smokefree.gov	FREE	Instant IM Live chat
	Mayo Clinic		www.becomeanex.org	FREE	Become and EX
	American Lung Association		www.freedomfromsmoking.org	FREE	
<i>Telephone quit lines</i>	United Way 211	Dial 211	www.uwsem.org/211	FREE	Referrals
	American Lung Association	(866) 784-8937	www.lungusa.org	FREE	Unlimited phone support
	Michigan Tobacco Quit Line	(800)QUIT-NOW		FREE	24/7
	National Cancer Institute	(877) 44U-QUIT	www.smokefree.gov	FREE	24/7

The Royal Oak Community Coalition compiled this information with financial support from the 100 Pioneers for Smoking Cessation Virtual Leadership Academy as a public service. Inclusion of cessation services should not be viewed as an endorsement. Our goal is to help those who want to quit to get the help and support they need to succeed. Please log onto our website for more information at www.ci.royal-oak.mi.us/rocc



Community Cessation Network

Access to information and Health Care Professionals:

1. American Cancer Society
Phone: 1-800-480-QUIT
Website: www.cancer.org
2. American Lung Association
Phone: 1-866-784-8937
Website: www.lungusa.org
3. American Heart Association
Phone: 1-800-AHA-USA1
Website: www.americanheart.org
Phone: 1-877-588-6224
4. Robert Johnson
Smoking Cessation Leadership Center
Phone: 1-800-QUIT-NOW
Website: www.smokingcessationleadership.ucsf.edu
5. Center for Disease Control
Phone: 1-800-CDC-1311
Website: www.cdc.gov
6. MI Dept of Community Health - Tobacco Section
Phone: 1-800-784-8669
Website: www.michigan.gov/tobacco
7. MI Cancer Consortium MI Creating Smoke-Free Communities
Website: www.michigancancer.org
8. Tobacco Free MI
Phone: 1-517-827-0020
Website: www.tobaccofreemichigan.org
9. National Cancer Institute
Phone: 1-877-44U-QUIT
Website: www.smokefree.gov
Instant IM Live Chat with Counselor for Cessation

Local Cessation Programs:

10. Beaumont Hospital
Address: 3601 West 13 Mile Rd.
Royal Oak, MI 48073
Phone: Referral line: (248)551-5000
11. Providence Cancer Institute
Cost Free – One on One M-F 8-4
Address: 22301 Foster Winter
Southfield, MI 48075
Contact: Sarah Sobieralski
Phone: (248)849-8115
12. Detroit Medical Center – Harper Hospital
Phone: 1-888-DMC-2500
Direct Phone: 1-313-745-8516
Website: www.dmc.org
13. United Way - Referral Information
Phone: 211
14. CVS Minute Clinics
Phone: 1-866-389-2727
Website: www.minuteclinic.com
15. Karmanos Cancer Institute
Address #1: 31995 Northwestern Hwy.
Farmington Hills, MI 48334
Address #2: 4100 John R
Detroit, MI 48201
Phone: (313)576-8129
Website: www.karmanos.org
Email: laymana@karmanos.org
Cost: \$30.00
16. Center for Creative Living
Address: 2011 Crooks
Royal Oak, MI 48073
Phone: (248) 414-4050
Website: www.centerforcreativeliving.com