

LIVE TOBACCO FREE IN MECOSTA COUNTY

The heart attack rate for smokers is 70 percent higher than for nonsmokers. But, believe or not, just one full day after quitting smoking, your risk for heart attack will already have begun to drop.

DISTRICT HEALTH DEPARTMENT #10

One on One Counseling with a Tobacco Treatment Specialist

Contact Lacey at 231- 305-8673

Mecosta County Services Building

14885 Northland Dr, Big Rapids, MI 49307

[Website](#)



MICHIGAN TOBACCO QUITLINE

A toll free, confidential program to help people quit using tobacco. Free counseling, information and support services.

1-800-784-8669

[Website](#)



BECOME AN EX

Online and mobile app FREE to use. Includes access to an online community and a quit plan.

[Website](#)



FREEDOM FROM SMOKING ONLINE

Online tobacco cessation modules with the ability to work at your own pace. Adaptions from Freedom From Smoking face-to-face classes

[Website](#)



QUITNET

An internet-based service designed to help individual tobacco users through the quitting process. Uses evidence-based methods and individualized quit plans to help you quit.

