

Tobacco Cessation In Oakland County and Metro Detroit Area – Resource Matrix

Type of Cessation Service	Organization	Phone	Website	Cost	Additional Notes
Group Class	Better Living Seminars With Dr. Arthur Weaver	(313) 531-2179		FREE/ Donations	Various locations/dates in Livonia & Metro Detroit
	Quit Smoking Now Beaumont Hospital Troy/ Medical Office Building	(800) 633-7377	www.beaumont.edu	\$75/yr	Monthly: 1 st & 3rd Monday 2- 1 or 6-7 pm Attend all or as many classes as you need
	St. John Providence Health System	(800) 848-2822 (866) 501-3627	www.stjohnprovidence.org	\$69/2 hrs OR \$170*	*2 hypnotherapy sessions
	Detroit Medical Center – Harper Hospital Detroit	(313) 745-8516	www.dmc-care.org	\$160.00	4 sessions - \$40.00 each
	Crittenton Hospital Medical Center	(248) 652-5269	www.crittenton.com	\$69	Freedom From Smoking Classes and Teen Classes
One-on-one counseling	“Start To Stop” CVS Minute Clinic	(866) 389-2727	www.minuteclinic.com	\$59.00*	*most insurance plans accepted /Call for location near you
Support Groups	Nicotine Anonymous	(877) 879-6422	www.nicotine-anonymous.org	FREE	Internet and telephone meetings
Quit kits or brochures	American Heart Association	(800) AHA-USA1	www.americanheart.org	FREE	Click on Tobacco Cessation
	MI Dept of Community Health	(517) 373-3740	www.michigan.gov/tobacco	FREE	Tobacco Quit Kit
	American Cancer Society	(800) 227-2345	www.cancer.org	FREE	
	St. Joseph Mercy Oakland	(800)480-7848	www.stjoesoakland.org/smoking cessation	Free	
Online programs	Quit Net		www.quitnet.com	FREE	Premium services for a fee
	National Cancer Institute		www.smokefree.gov	FREE	Instant IM Live chat
	Mayo Clinic		www.becomeanex.org	FREE	
	American Lung Association		www.freedomfromsmoking.org	\$15 / \$40	Monthly or Yearly Plans
Telephone quit lines	Michigan Tobacco Quit Line	(800) 480-7848	1(800) QUIT NOW	FREE	Online help and/or referral to other services
	American Lung Association	(866) 784-8937	www.lungusa.org	FREE	Unlimited phone support
	National Cancer Institute	(877) 44U-QUIT	www.smokefree.gov	FREE	24/7



The Royal Oak Community Coalition compiled this information 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 or call 248-546-7622.