

# St. Clair County Smoking Cessation Resources



## Local Agencies

**McLaren Port Huron Hospital 55-Plus:** (810) 989-3121

“No Butts About It” – Educational program offered monthly for individuals age 18 and over. To register for the next session call HealthAccess at (800) 228-1484 or [www.mclaren.org/ph](http://www.mclaren.org/ph)

**St. Clair County Health Department:** (810) 987-5300

Free “Quit Kit” to help smokers prepare and plan for quitting. More resources available at [www.scchealth.co](http://www.scchealth.co)  
(Visit “Support & Resources” click on “*Smoke Free Resources*”)

**Teen Health Center:** (810) 987-1311

Assistance for youth ages 10-21 with smoking cessation. Group programs are available upon request.

## Acupuncture/Hypnotherapy

**EasyWillPower.com:**

1-800-848-2822 or Email: [info@easywillpower.com](mailto:info@easywillpower.com)

(Affiliated with St. John Hospital system) Rena Greenberg,  
Hypnotist, Smoking Cessation

**Jason Go, Acupuncturist-Blue Dragon Acupuncture:**

(312) 622-3659 or Email: [jgoaccupuncture@gmail.com](mailto:jgoaccupuncture@gmail.com)

1201 Stone Street, Suite 3, Port Huron, MI

**Katie Kuhn, MS, RAC-Huron Point Acupuncture:**

(269) 599-3828 or Email: [huronpointacu@yahoo.com](mailto:huronpointacu@yahoo.com)

1107 Stone Street, Suite 2, Port Huron, MI

**Shawn O’Regan, Certified Medical Hypnotherapist:**

(810) 798-3884 or Email: [www.hypnosisbyshawn.com](http://www.hypnosisbyshawn.com)

Lake Huron Medical Center 4190 24<sup>th</sup> Ave., Ft. Gratiot, MI

## Other Resources

**American Cancer Society:** 1-800-227-2345 [www.cancer.org](http://www.cancer.org)

Free materials, quit kits and referrals are available.

**American Heart Association:** 1-800-242-8721

[www.americanheart.org](http://www.americanheart.org)

**American Legacy Foundation:** [www.becomeanex.org](http://www.becomeanex.org)

The *EX Plan* is a free quit smoking program, one that can show you a whole new way to think about quitting. A program based on personal experiences from ex-smokers as well as the latest scientific research from the experts at Mayo Clinic.

**American Lung Association:**

1-800-LUNG-USA or [www.ALAM.org](http://www.ALAM.org)

**Michigan Department of Health & Human Resources (MDHHS):**

The MDHHS Tobacco Control Program has numerous on-line *Tools & Resources* available at [www.michigan.gov/tobacco](http://www.michigan.gov/tobacco) under the “*Tobacco Quick Links*”.

**Michigan Tobacco Quitline:** 1-800-QUIT-NOW or 1-800-784-8669

<http://michigan.quitlogix.org>

Receive assistance from a trained smoking cessation counselor to develop a quit plan. Nicotine replacement products are available for those who qualify. Special services and information are available for pregnancy, spit-tobacco use, non-English speaking callers and persons with hearing impairments.

**Quit Net:** [www.quitnet.com](http://www.quitnet.com)

Quit Net offers an online quit smoking program including support from a network of ex-tobacco users.

