

Tobacco Cessation Resources



[Nebraska Tobacco Quitline](#)

1-800-QUIT-NOW (1-800-784-8669) gives Nebraska residents free, confidential, 24/7 access to counseling & support services. Services are available in 170 languages & Spanish speaking residents are welcome to call 1-855-DÉJELO-YA (1-855-335-3569). The Nebraska Quitline is currently offering a FREE 2-week supply of over-the-counter nicotine replacement therapy.

For more information call 1-800-QUIT-NOW or visit QuitNow.ne.gov

[Resources for Healthcare Providers](#)

As a healthcare provider, you are a trusted source of information. You can play an important role in helping your patients quit tobacco by connecting them with the tools they need. Check out this webpage for some resources we hope can help you.



for a great state of health



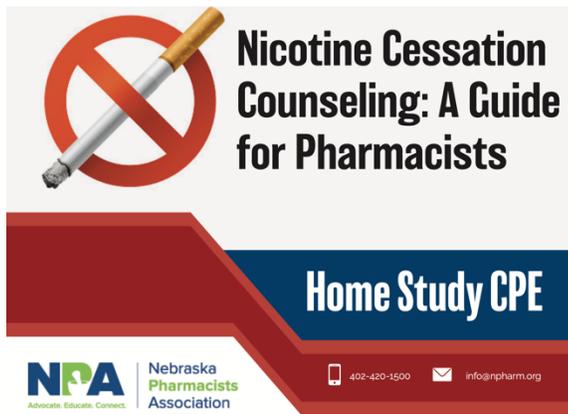
[Rx for Change: Clinician-Assisted Tobacco Cessation](#) was designed to address an identified need to enhance the tobacco cessation education of health professionals. Rx for Change, which draws heavily from the [Clinical Practice Guideline for Treating Tobacco Use and Dependence](#), is a comprehensive, turn-key program for training students and licensed clinicians in virtually any health professional field. All materials have been externally reviewed and are updated continuously to reflect current science for the treatment of tobacco use and dependence.

[CDC's Tips From Former Smokers©](#)

The *Tips* campaign profiles real people who are living with serious long-term health effects from smoking and secondhand smoke exposure.

Healthcare Provider Tools & Resources to help ensure your patients have the right resources to begin their quit journeys.





Nicotine Cessation Counseling: A Guide for Pharmacists

Home Study CPE

NPA | Nebraska Pharmacists Association
Advocate. Educate. Connect.

402-420-1500 | info@npharm.org

[Nicotine Cessation Counseling](#)

Learn how to provide evidence-based cessation counseling, how to help your patients identify triggers, withdrawal symptoms, and coping techniques to successfully quit for good. After completion, participants may enroll with Nebraska Medicaid as a Tobacco Cessation Counselor.

[Freshstart Program ©](#)

Freshstart is designed to help smokers plan a successful quit attempt by providing essential information, skills for coping with cravings, and group support. To offer the program, a representative from your organization must volunteer to become a certified facilitator and complete certification training online. After certification is completed, the facilitator can begin offering the program.



[Freedom From Smoking ©](#)

The Freedom From Smoking program uses proven activities and tools to help you understand your own relationship with tobacco—and how to say good-bye to smoking for good.

Programs are offered online, in-person clinic, phone helpline, and self-help guided workbook.