



A Member of Covenant Health

Resources for a Smoke and Tobacco Free Campus

Visit our website for links to helpful information: <https://www.stmarysmaine.com/QuitSmoking>

Smoking Cessation Support - Partnership For a Tobacco-Free Maine

When you're ready to quit... Call the HelpLine toll-free at **1-800-207-1230**.

Maine Tobacco Helpline

http://www.tobaccofreemaine.org/quit_tobacco/Maine_Tobacco_HelpLine.php

FREE Tobacco Support Group on Thursday from 6-7 p.m.

Lobby Conference Room at St. Mary's Regional Medical Center
99 Campus Avenue, Lewiston

Tobacco Treatment Services Guide

<http://ow.ly/nyX530dLbFb>

St. Mary's Prevention & Wellness-Smoking Cessation - Contact: Maria Pete

96 Campus Avenue, 1st Floor, Lewiston, ME 04240 | Telephone: 777-8898

Program Type	Cost	Frequency	# of Sessions	Duration
Group	Free to employees	1x per week	7	5 consecutive week and 2 follow-ups=7 total
Individual	Free to employees	Ongoing	1 or 3	Call for Details

Five Keys to Quitting

http://www.tobaccofreemaine.org/quit_tobacco/five_keys.php

1. Get Ready
2. Get Help
3. Learn new skills and behaviors
4. Get and use medication
5. Be prepared for relapse



The Quit Link

<http://ow.ly/5DDB30dLc3H>

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