

Quitting Smoking & Vaping: Resources and Support

Gundersen Health System: (800)362-9567 Ext. 55442
www.gundersenhealth.org/wellness

Marshfield Clinic:
shine365.marshfieldclinic.org/wellness/quit-nicotine

Mayo Clinic: (800) 344-5984
[www.mayoclinic.org/departments-centers/
nicotine-dependence-center/sections/overview/
ovc-20457521](http://www.mayoclinic.org/departments-centers/nicotine-dependence-center/sections/overview/ovc-20457521)

Nicotine Anonymous World Services:
– (877) 879-6422

www.Smokefree.gov

Wisconsin Tobacco Control: www.tobwis.org

Text “QUIT” TO 47848:

www.truthinitiative.org

1-800-QuitNow – (800) 784-8669
text READY to 34191
www.quitline.wisc.edu

Phone Apps

**211 Wisconsin
QuitNow
Smoke Free**