

Tobacco Treatment Services Guide

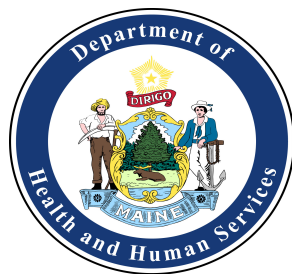
Services Listed by County

The Maine Center for Disease Control and Prevention, Department of Health and Human Services, has made every effort to provide thorough and accurate information in this Tobacco Treatment Services Guide.

The programs listed below are for information purposes only, and are not meant to be an endorsement of their services by Maine CDC/DHHS, nor by their Treatment Services Contractor, the MaineHealth Center for Tobacco Independence (CTI).

Do you know of a program that should be included on our list?
Please send all information and inquires to:

tobaccotrng@mainehealth.org



MaineHealth
**Center for Tobacco
Independence**

For more information please visit www.ctimaine.org

Serving All 16 Counties

Maine Tobacco HelpLine * Phone: 1-800-207-1230 Web Only Services: www.thequitlink.com				
Program Type	Cost	Frequency	# of Sessions	Duration
Individual Telephone Counseling	Free	Flexible	4	Flexible
Online Enrollment	Free	Flexible		Flexible
Online Services	Free	Flexible/At own pace	Flexible	Flexible
Over the Counter NRT	Free	Up to 8 Weeks Free		

**Participants are eligible to re-enroll again 6 months from previous registration*

Serving All 16 Counties

Dept. of Veterans Affairs/CBOC Smoking Cessation Program Call Catherine for location			Contact: Catherine Burgess Phone: 623-8411 ext. 4595	
Program Type	Cost	Frequency	# of Sessions	Duration
Support Group	Free	Mondays 9:30am – 11:00am	Ongoing	Ongoing
FOR VETERANS & THEIR SIGNIFICANT OTHER ONLY Also offers telehealth to some VA CBOC's - Call Catherine for more details				

Androscoggin

Maine Tobacco HelpLine * Phone: 1-800-207-1230 Web Only Services: www.thequitlink.com

Lewiston

Prevention & Wellness Smoking Cessation 96 Campus Ave. 1 st Floor Lewiston, ME 04240			Contact: Maria Pete Phone: 777-8898	
Program Type	Cost	Frequency	# of Sessions	Duration
Group	\$500.00	1x per week	7	5 Consecutive Weeks + 2 Follow Up Appointments
Individual	\$45.00 – 1 session \$125.00- 3 sessions	Ongoing	1 or 3	Call for Details

Tobacco Support Group St. Mary's Hospital Lobby Conference Room 93 Campus Ave. Lewiston, ME 04240			Contact: Healthy Androscoggin Phone: 795-5990	
Program Type	Cost	Frequency	# of Sessions	Duration
Group	Free	Weekly	Every Thursday	6:00pm – 7:00pm Call Healthy Androscoggin for more information at 795-5990

Aroostook

Maine Tobacco HelpLine *
Phone: 1-800-207-1230
Web Only Services: www.thequitlink.com

Fort Kent

Beat the Pack Tobacco Cessation Program
Northern Maine Medical Center
194 East Main Street
Fort Kent, Maine 04743

Contact: Rebecca Michaud, RN
Phone: 834- 1934

Program Type	Cost	Frequency	# of Sessions	Duration
Group	Free	4 week group	4	12:00pm – 1:00pm Call details and to register

Cumberland

Maine Tobacco HelpLine *
Phone: 1-800-207-1230
Web Only Services: www.thequitlink.com

No face to face options offered at this time

Franklin

Maine Tobacco HelpLine *
Phone: 1-800-207-1230
Web Only Services: www.thequitlink.com

Farmington

**Healthy Community Coalition
of Greater Franklin County**
105 Mt. Blue Circle Suite 1
Farmington, ME 04938

Contact: Janis Walker
Phone: 779-2750

Program Type	Cost	Frequency	# of Sessions	Duration
Group	Free	Monthly	Unlimited	1 hour
Individual	Free	As needed	Unlimited	As Needed
Worksite Outreach	Free	As needed	Unlimited	As Needed

Hancock

Maine Tobacco HelpLine *
Phone: 1-800-207-1230
Web Only Services: www.thequitlink.com

Bar Harbor

MDI Hospital Wellness Program 10 Wayman Lane Bar Harbor, ME 04609		Contact: Mary Parham Phone: 801-5034		
Program Type	Cost	Frequency	# of Sessions	Duration
Group	Group and Individual are free Worksite outreach should call for details.			
Individual				
Worksite Outreach				

Ellsworth

Healthy Acadia Substance Prevention & Education 140 State Street Ellsworth, ME 04605		Contact: Tara Young Phone: 667-7171		
Program Type	Cost	Frequency	# of Sessions	Duration
Group	Free	Variable	8	2 hours
Worksite Outreach	Variable	Variable	Variable	Variable

Kennebec

Maine Tobacco HelpLine *
Phone: 1-800-207-1230
Web Only Services: www.thequitlink.com

Augusta

MaineGeneral Health Tobacco Cessation Services Alfond Center for Health 35 Medical Center Way Augusta, ME 04330		Contact: Prevention & Healthy Living Phone: 872-4102		
Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Free		Call for Details	
Worksite Outreach	Call for Details			

Kennebec Cont.

Waterville

**MaineGeneral Health
Tobacco Cessation Services
Thayer Center for Health**
149 North Street
Waterville, ME 04901

Contact: Prevention & Healthy Living
Phone: 872-4102

Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Free	Call for Details	Call for Details	
Worksite Outreach			Call for Details	

Note: MaineGeneral Health also provides free peer-to-peer tobacco quit support in Augusta & Waterville for all tobacco users and their support systems. Call for additional information and resources on tobacco dependence and tobacco treatment.

Knox

Maine Tobacco HelpLine *
Phone: 1-800-207-1230
Web Only Services: www.thequitlink.com

Rockport

**Pen Bay Medical Center
Journey to Health Program
Take Charge: Be Tobacco Free**
756 Commercial Street
Rockport, ME 04856

Contact: Journey to Health
Phone: 921-3950

Program Type	Cost	Frequency	# of Sessions	Duration
Group	\$20	Varies	5	90 minutes

Lincoln

Maine Tobacco HelpLine *
Phone: 1-800-207-1230
Web Only Services: www.thequitlink.com

Damariscotta

LincolnHealth
Education Center
66 Chapman Street
Damariscotta, ME 04543

Contact: Education & Community Health
Phone: 563-4540

Program Type	Cost	Frequency	# of Sessions	Duration
Individual	No charge	By appointment		
Worksite Outreach	No charge	By appointment	4	40 minutes

Oxford

Maine Tobacco HelpLine *
Phone: 1-800-207-1230
Web Only Services: www.thequitlink.com

No face to face options offered at this time

Penobscot

Maine Tobacco HelpLine *
Phone: 1-800-207-1230
Web Only Services: www.thequitlink.com

Bangor

Priscilla Goss, LCSW, LADC, CCS **Contact:** Priscilla Goss
275 Union Street **Phone:** 991-0838
Bangor, ME 04401

Program Type	Cost	Frequency	# of Sessions	Duration
Individual	\$75 Insurance accepted	1 – 2x Weekly	As needed	1 hour

Piscataquis

Maine Tobacco HelpLine *
Phone: 1-800-207-1230
Web Only Services: www.thequitlink.com

No face to face options offered at this time

Sagadahoc

Maine Tobacco HelpLine *
Phone: 1-800-207-1230
Web Only Services: www.thequitlink.com

No face to face options offered at this time

Somerset

Maine Tobacco HelpLine *
Phone: 1-800-207-1230
Web Only Services: www.thequitlink.com

No face to face options offered at this time

Waldo

Maine Tobacco HelpLine *
Phone: 1-800-207-1230
Web Only Services: www.thequitlink.com

Cathy Sousa, RN
Home Visits

Contact: Cathy Sousa, RN
Phone: 323- 1205

Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Free	As Needed	As Needed	Call for more information

Washington

Maine Tobacco HelpLine *
Phone: 1-800-207-1230
Web Only Services: www.thequitlink.com

No face to face options offered at this time

York

Maine Tobacco HelpLine *
Phone: 1-800-207-1230
Web Only Services: www.thequitlink.com

No face to face options offered at this time

National Resources

General

- Smokefree.gov
This website has information and quit resources for specific audiences including teens, veterans, women, and older adults.
- Becomeanex.org
This website offers online support, quit guidance and access to resources to help folks make a successful quit attempt.
- <https://nicotine-anonymous.org>
Offers online support, phone check-ins and in-person meetings.

For Veterans

- 1-855-QUIT-VET

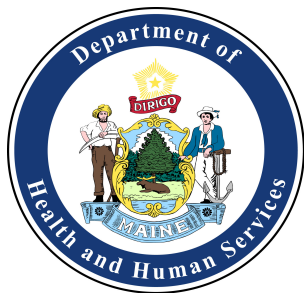
Teen Resources

- <https://www.teen.smokefree.gov>
This website has specific information and quit resources aimed at teen tobacco treatment.
- This Is Quitting App - The Truth Initiative
<https://www.thetruth.com/articles/hot-topic/quit-vaping>

The Truth Initiative supports innovative and free text message programs, and tailors content by age group to give teens and young adults appropriate recommendations about quitting.

Updated: August 2019

Brought to you by:



MaineHealth
Center for Tobacco
Independence

For more information please visit www.ctimaine.org