



# QUIT USING TOBACCO

...with the help of the ACT Center of UMC

## TREATMENT INCLUDES:

- An intake session, to determine if this is the best program for you, and give you the chance to ask any questions you may have.
- A series of 6 treatment sessions to teach you the skills to quit and stay quit. Medications are prescribed as appropriate.
- Brief, follow-up sessions to increase your chances for staying quit for good. You will be followed for as long as necessary.

*All treatment is free of charge for Mississippi residents, including medications.*

- The ACT Center is located at the Jackson Medical Mall Thad Cochran Center in the UMC Cancer Institute. Daytime and evening programs are available. **601 - 815 - 1180**
- ACT Center Satellite Clinics are located at these statewide locations:

Jane Allen and Lynda Wyant  
[Delta Regional Medical Center](#)  
Greenville, MS  
**662 - 344 - 4466**

Beth Davis and Hank Boerner  
[North Mississippi Medical Center](#)  
Tupelo, MS  
**662 - 377 - 3867**

Martha Rosado and Sheri Ezell  
[Forrest General Hospital](#)  
Hattiesburg, MS  
**601 - 288 - 3880**

Sharon Davis and Diane Entrekin  
[Riley Memorial Hospital](#)  
Meridian, MS  
**601 - 484 - 3580**

Brenda Cutter and Deloras Morris  
[Memorial Hospital at Gulfport](#)  
Gulfport, MS  
**228 - 867 - 4022**

Tina Holland and Vicki Branch  
[Southwest Mississippi Regional Medical Center](#)  
McComb, MS  
**601 - 249 - 1870**

## OTHER HELPFUL RESOURCES

[Tobacco Quitline MISSISSIPPI](#) (800 - Quit - Now) This free service provides telephone-based support by experienced counselors help you quit using all forms of tobacco.

[American Lung Association](#) ([www.lungusa.org](http://www.lungusa.org)) The Tobacco Control tab on the ALA website contains detailed information about quitting smoking and much more.

[Quitnet](#) ([www.quitnet.com](http://www.quitnet.com)) Internet-based service designed to help tobacco users quit. Inexpensive, and individually tailored to meet your needs.

[Chewfree](#) ([www.chewfree.com](http://www.chewfree.com)) Free smokeless tobacco quit program sponsored by the National Cancer Institute.