**Education Resource Committee (ERC)**

**Saturday Clinic for the Uninsured**

These resources may help with the health barriers you are facing. If you have questions or would like to set up a follow-up appointment for more help, call **(414) 588-2865 and request an ERC appointment** or email **ERC@mcw.edu****.** Appointments can be scheduled on Saturdays  between 8:00 AM and 12:00 PM.

**Wisconsin Tobacco Quit Line**

* **Description:** A free service available 24/7 online or by phone to help people quit smoking, vaping, or other tobacco use. Books, worksheets, 5 sessions of tailored coaching, and 2 weeks of nicotine replacement therapy (patch, gum, or lozenge) will be provided. Referrals may be provided to local tobacco addiction treatment programs.
* **Website:** WiQuitLine.org
* **Contact info:**
	+ Email: infoctri@ctri.wisc.edu
	+ General Phone Number: (800) 784-8669
	+ Text "READY" to 34191
* **Requirements:**
	+ 13 years or older
	+ Wisconsin resident

**Not On Tobacco Program**

* **Description:** Not On Tobacco (N-O-T) is a state-of-the-science, school-based program that provides assistance to teens who wish to quit using tobacco. The program covers the entire quitting process, including the prevention of relapses.
* **Website:** <https://www.lung.org/quit-smoking/helping-teens-quit/not-on-tobacco>
* **Contact info:**
	+ Email
		- General: NOT@Lung.org
		- Local: info@lung.org
	+ Phone
		- General: 1-800-586-4872
		- Local: (262) 703-4200
	+ Address:
		- 1300 W. Lisbon Road, Suite 700, Brookfield, WI

**First Breath Program**

* **Description:** Wisconsin’s First Breath program provides free coaching to help expectant mothers deal with stress and quit tobacco use.
* **Website:** <https://wwhf.org/firstbreath/participant/>
* **Contact info:**
	+ Email: communications@wwhf.org
	+ General Phone Number: 608.251.1675
* **Requirements:**
	+ Pregnant and postpartum (babies less than 6 months old) people
	+ Caregiving people

**American Indian Quitline**

* **Description:** The American Indian Quitline offers free, culturally tailored support to help you quit commercial tobacco. Callers receive seven free phone calls with a trained coach who is experienced in working with American Indians and has respect for their culture. Get 12 weeks of free medicine. Options include:
	+ Nicotine patches, or gum, or lozenges, or
	+ Patches plus lozenges, or
	+ Patches plus gum
* **Website:** <https://quitline.wisc.edu/american-indian-program/>
* **Contact info:**
	+ Email: infoctri@ctri.wisc.edu
	+ General Phone Number: 800-784-8669