

Free Smoking Cessation Classes

Tobacco Cessation programs are currently being facilitated through Idaho's seven public health districts. Programs are offered free of charge to all Idaho residents.

These free cessation programs are supported by monies from the Tobacco Settlement and are required to meet "best practices" of tobacco cessation programs. All programs cover the following topics: nicotine addiction, consequences of smoking, benefits of being smoke free, different quitting techniques, strategies for coping with urges, combating withdrawal symptoms, stress management, nutrition and exercise, social supports and techniques for dealing with relapse. Health districts offer some services on-site but many programs are offered by community partners.

To refer your patients please have them contact the local health district in their area.

Panhandle Health District
District I
8500 N Atlas Rd
Hayden, ID 83835
208.415.5100

North Central District Health Department
District II
215 Tenth St
Lewiston, ID 83501
208.799.3100

Southwest District Health Department
District III
920 Main St
Caldwell, ID 83605
208.455.5321

Central District Health Department
District IV
707 N Armstrong Place
Boise, ID 83720
208.375.5211

South Central District Health
District V
1020 Washington St North
Twin Falls, ID 83301
208.734.5900

Southeastern District Health Department
District VI
1901 Alvin Ricken Dr
Pocatello, ID 83201
208.478.6316

District VII Health Department
254 E St
Idaho Falls, ID 83402
208.522.0310

