

## GET HELP WHEN YOU NEED IT



### **Do you or a loved one want to quit smoking or using tobacco?**

Quitting will bring both immediate and long-term benefits to you and those close to you. Tobacco use affects not only your health, but also the health of your family and others around you.

There are many ways to quit, and there are many resources available to help. One of the best is the Michigan Tobacco Quitline, which offers free provider referrals, free counseling, and free nicotine replacement therapy to those who qualify. **Call (800) 784-8669** today to find out more.



### **Do you need help to quit drug use?**

If you need help for a drug or alcohol problem contact the Region 10 Pre-Paid Inpatient Health Plan (PIHP), for a screening and referral. Screenings are completed, and if eligible, followed by referral to a provider who can help.

If you live in Genesee County, call **(877) 346-3648** to access services.

If you live in Lapeer, Sanilac or St. Clair counties, call **(888) 225-4447** to access services.