

# Where to Obtain Free Nicotine Replacement Therapy (NRT) in Jackson, MS

## What is Nicotine Replacement Therapy (NRT)?

Nicotine replacement therapy (NRT) are the most commonly used quit smoking medications. NRT reduces withdrawal feelings by giving you a small, controlled amount of nicotine but none of the other dangerous chemicals found in cigarettes. This small amount of nicotine helps satisfy your craving for nicotine and reduces the urge to smoke.

## Types of NRT



**Nicotine Patch**



**Nicotine Gum**



**Nicotine Lozenge**



**Nicotine Inhaler**

The following NRT resources have been tested by a group of community members living in Jackson, who are passionate about addressing tobacco use. These members, part of the initiative Project Black people Against Tobacco, identified the following NRT resources:

### 1. UMMC ACT Center Cessation Clinic

The ACT Center, a tobacco treatment clinic, can help you quit using all forms of tobacco. Our clinics are staffed by certified tobacco treatment specialists. Since 1999, over 30,000 individuals have enrolled in our evidence-based treatment programs to stop using tobacco products.

**Address:** Jackson Medical Mall, 350 West Woodrow Wilson, Suite 611, Jackson, MS 39213  
**Website:** [www.act2quit.org](http://www.act2quit.org)  
**Phone:** 601-815-2005

### 2. Mississippi State Department of Health Tobacco Quitline

The Mississippi Tobacco Quitline is a free resource for online or telephone counseling, information, and tip line that is available for anyone interested in kicking the habit. Get advice and help from experts that can double your chance of successfully quitting.

**Phone:** 1-866-784-8669- (1-800-QUIT-NOW)  
**Website & Online Chat:** [www.quitlinems.com](http://www.quitlinems.com)

The Quitline can connect you with nicotine gum or patches at no cost, based on eligibility, for those 18 or older.

## Please Note:

- The programs listed may have certain requirements such as enrollment in tobacco use treatment program or participation in phone or online tobacco use treatment counseling sessions to obtain NRT. They do not provide an unlimited courses of NRT treatment and have set amounts of NRT that they can supply you with.
- There are many quitting options and methods out there. We recommend that you speak to your doctor or pharmacist before starting NRT, so they can help you work out which types will suit you best.
- Additionally, we encourage you to contact your insurance company directly (call the number on the back of your insurance card) and find out what it covers. Ask these questions to find out what is covered:
  - What tobacco treatment medications are covered by my insurance plan? (Ask about each medication individually.)
  - Are there requirements for that medication coverage? (Requirements may include prior approval or documentation from your health care provider that you have tried and failed another medication in the past.)
  - Is the cost of the medication completely covered, or am I required to pay part of it? What about a copayment?



## What is Project BAT?

(Black people Against Tobacco) engages Black community members in Jackson, Mississippi to fight tobacco use by changing how people view, accept, and utilize tobacco by developing and implementing community-crafted interventions and media campaigns, as well as by building the community's capacity to educate community members, legislatures, and municipalities on tobacco control issues and policy interventions to address the devastating impact that tobacco (especially menthol and other flavored tobacco products) has on the Black community.