

# Nebraska Tobacco Cessation Programs in Omaha

## **Alegent Health**

Sandra McCarthy  
Bergan Mercy Hospital, MOB #303  
7710 Mercy Rd.  
Omaha, NE 68124  
Phone: (402) 398-6890  
E-mail: [sandra.mccarthy@alegent.org](mailto:sandra.mccarthy@alegent.org)  
Website: [www.alegent.com](http://www.alegent.com)  
Additional Information: Individual counseling is provided.  
Number of sessions: 5  
Cost: \$34.00 per session  
Nebraska Smoking Cessation Programs

## **Medicine Man Pharmacy**

Ken Saunders, PharmD, TTS\*  
715 N. 132<sup>nd</sup> St.  
Omaha, NE 68154  
Phone: (402) 496-9757  
E-mail: [kensaunderspharmd@yahoo.com](mailto:kensaunderspharmd@yahoo.com)  
Additional Information: Class locations are flexible.  
Total Hours of Cessation Counseling: 4  
Number of Sessions: 4  
Cost: \$100

## **American Lung Association**

Mitzi Cardona  
8990 W. Dodge Rd, Ste. 226  
Omaha, NE 68114  
Phone: (402) 502-4050  
E-mail: [mcardona@breathehealthy.org](mailto:mcardona@breathehealthy.org)  
Website: [www.breathehealthy.org](http://www.breathehealthy.org)  
Additional Information: Counseling is available in English and Spanish.  
Total Hours of Cessation Counseling: 16  
Number of Sessions: 8  
Cost: Variable, dependent on funding

## **The Nebraska Tobacco Quitline can help you quit tobacco for good.**

The toll-free Quitline, 1-800-784-8669 (1-800-QUIT-NOW), gives Nebraska residents 24/7, free access to counseling and support services. Calls are answered by trained cessation counselors who give you a choice of services, including: telephone counseling; self-help materials; referrals to community programs; or a combination of these. All information you provide to the Quitline is confidential.

## **The Cardiac Center of Creighton University**

Rick Helms, MSW, TTS\*  
3006 Webster St.  
Omaha, NE 68131  
Phone: (402) 280-4928  
E-mail: [rickhelms@creighton.edu](mailto:rickhelms@creighton.edu)  
Total Hours of Cessation Counseling: 2  
Number of Sessions: 3  
Cost: \$53