

Resources to Help You Become a Non-smoker

To request this information in another language or format, please call our member services team at: (877) 600-5472 or TTY: (877) 600-5473.

Quit For Life™ Quit Line: 1-866-QUIT-4-LIFE (1-866-784-8454); <https://www.quitnow.net>

Online

Quit Smoking Now-Additional resources for women, teens and in Spanish.
(<http://smokefree.gov/>) Be Tobacco Free (<http://betobaccofree.hhs.gov/>)

Teen Quit (<https://teen.smokefree.gov/default.aspx>)

My Last Dip: Quit smokeless tobacco (<http://mylastdip.com/>)
Stay Quit Moms (info.stayquitmoms.com/)

Tobacco Treatment Specialists in Lane County EUGENE

Agency	Name	Email	Phone
Center for Family Development	Jeremy Hall	jhall@c-f-d.org	541-342-8437
	Zakary Nussbaum	znussbaum@c-f-d.org	541-342-8437
	Shelia Stigall	sstigall@c-f-d.org	541-342-8437
Community Health Centers of Lane County	Whitney Winslow	whitney.winslow@co.lane.or.us	541-682-3550
	Ellie Dominguez	elizabeth.dominguez@co.lane.or.us	541-682-3550
Direction Service	Debra Alexander	dalexander@directionservice.org	541-344-7303
Lane County Behavioral Health	Whitney Dudley	whitney.dudley@co.lane.or.us	541-682-3267
	Betty Singh	betty.singh@co.lane.or.us	541-682-7254



SPRINGFIELD/ COTTAGE GROVE / CRESWELL / OAKRIDGE

Agency	Name	Email	Phone
Lane County Woman Infant & Children (WIC)	Laurie Steinbruck	skihard3@aol.com	541-682-4606
Laurel Hill	Denna Sanders	dennas@laurel.org	541-684-6837
Looking Glass	Carlyn Wierda	carlyn.wierda@lookingglass.us	541-686-2688
	Ashlee Armstrong	ashlee.armstrong@lookingglass.us	541-246-2256
White Bird Clinic	Molly Sullivan	msullivan@whitebirdclinic.org	541-683-1641
	Thomas Hurd	thomas.chrysalis@gmail.com	
	Melissa Beckwith	melissab@whitebirdclinic.org	



SPRINGFIELD/ COTTAGE GROVE / CRESWELL / OAKRIDGE

Agency	Name	Email	Phone
The Child Center	Lezlee Craven	lezlee.craven@gmail.com	541-726-1465
	Shirley Howell	shirl4256h@aol.com	
Orchid Health	Barbara Melton	Barbara@orchidhealth.org	541-782-8304
South Lane Mental Health	Chelsie Elkins	chelsie.elkins@slmh.org	541-767-4185
	Karen Waskow	karen.waskow@slmh.org	541-942-3939
	Jeremie Wharton	jeremie.wharton@slmh.org	

OUT OF AREA

Agency	Name	Email	Phone
Benton County	Oscar Medina	oscar.medina@co.benton.or.us	541-766-6835
	Rebecca Caldwell	rebecca.caldwell@co.benton.or.us	
	Robert Williams	robert.williams@co.benton.or.us	
	Sandra Veronick	sandra.veronick@co.benton.or.us	
Samaritan Health	Deborah Myres	riverrock61@icloud.com	541-574-4886
	Martha Briese	mbriese@samhealth.org	1-800-863-5241
	Amanda Waggoner	awaggoner@samhealth.org	
	Kiyomi Lehman	kilehman@samhealth.org	541-768-4666



Do you think Trillium Community Health Plan (TCHP) has treated you unfairly?

Trillium must follow state and federal civil rights laws. It cannot treat people unfairly in any of its programs or activities because of a person's:

- Age
- Color
- Disability
- Gender identity
- Marital Status
- National Origin
- Race
- Religion
- Sex
- Sexual orientation

Everyone has a right to enter, exit and use buildings and services. They also have the right to get information in a way they understand. Trillium will make reasonable changes to policies, practices, and procedures by talking with you about your needs.

To report concerns or to get more information, please contact Member Services at 541-485-2155; Toll Free: 1-877-600-5472; TTY: 1-877-600-5473, Monday through Friday, 8:00 a.m. to 5:00 p.m. At other times – including Saturday, Sunday, and federal holidays – you can leave a voicemail. We will return your call the following business day. The call is free.

You also have a right to file a civil rights complaint with the U.S. Department of Health and Human Services Office for Civil Rights. Contact that office one of these ways:

- Web: www.hhs.gov
- Email: OCRComplaint@hhs.gov
- Phone: 1-800-368-1019, 1-800-537-7697 (TDD)
- Mail: 200 Independence Ave., SW, Room 509F HHH Bldg.
Washington, D.C. 20201

English

ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call 1-877-600-5472; TTY: 1-877-600-5473.

Español (Spanish)

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-600-5472; TTY: 1-877-600-5473.

Tiếng Việt (Vietnamese)

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-877-600-5472; TTY: 1-877-600-5473.

繁體中文 (Chinese)

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電1-877-600-5472; TTY: 1-877-600-5473.

Русский (Russian)

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-877-600-5472; TTY: 1-877-600-5473.

한국어 (Korean)

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-877-600-5472; TTY: 1-877-600-5473.

Українська (Ukrainian)

УВАГА! Якщо ви розмовляєте українською мовою, ви можете звернутися до безкоштовної служби мовної підтримки. Телефонуйте за номером. 1-877-600-5472; TTY: 1-877-600-5473.

日本語 (Japanese)

注意事項：日本語を話される場合、無料の言語支援をご利用いただけます。1-877-600-5472; TTY: 1-877-600-5473. まで、電話にてご連絡ください

Arabic:

تنبيه: إذا كنت تتحدث اللغة العربية فإن خدمات المساعدة اللغوية متاحة لك مجاناً. اتصل بـ على رقم 1-877-600-5472، رقم هاتف الصم والبكم: 1-877-600-5473.

Română (Romanian)

ATENȚIE: Dacă vorbiți limba română, vă stau la dispoziție servicii de asistență lingvistică, gratuit. Sunați la 1-877-600-5472; TTY: 1-877-600-5473.



ខ្មែរ (Cambodian)

ប្រយ័ត្ន: បើសិនជាអ្នកនិយាយ ភាសាខ្មែរ, សេវាជំនួយផ្នែកភាសា ដោយមិនគិតថ្លៃ គឺអាចមានសំរាប់បំរើអ្នក។ ចូរ ទូរស័ព្ទ 1-877-600-5472; TTY: 1-877-600-5473.

Cushite

XIYYEEFFANNAA: Afaan dubbattu Oroomiffa, tajaajila gargaarsa afaanii, kanfaltiidhaan ala, ni argama. Bilbilaa 1-877-600-5472; TTY: 1-877-600-5473.

Deutsch (German)

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-877-600-5472; TTY: 1-877-600-5473.

فارسی (Farsi)

توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما تماس بگیرید. فراهم می باشد. 1-877-600-5472; TTY: 1-877-600-5473.

Français (French)

ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-877-600-5472; TTY: 1-877-600-5473

ภาษาไทย (Thai)

เรียน: ถ้าคุณพูดภาษาไทยคุณสามารถใช้บริการช่วยเหลือทางภาษาได้ฟรี โทร. 1-877-600-5472; TTY: 1-877-600-5473.