

# Tobacco Cessation

## National

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### American Cancer Society National Cancer Information Center (NCIC): Support

[www.cancer.org](http://www.cancer.org)

The American Cancer Society NCIC: Support provides articles on smoking cessation and quitting tips. Free brochures are available. The American Cancer Society is also a sponsor of A Great American Smoke-Out.

**Contact:**

1-800-227-2345

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### American Lung Association

[www.lung.org/quit-smoking](http://www.lung.org/quit-smoking)

Freedom From Smoking® is a free online quit program for adults that teaches the skills and techniques necessary to quit smoking. It is also available as a group clinic, an online program and a self-help book. Cessation counselors also available at the Lung HelpLine.

**Contact:**

1-800-LUNGUSA

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### Quit for Life

[www.hr.gwu.edu.com/quit-life](http://www.hr.gwu.edu.com/quit-life)

The Quit For Life® Program is a collaboration between the American Cancer Society and Alere Wellbeing. The program helps people quit tobacco use by providing: \*Up to 5 coaching calls and access to a Quit Coach \*Access to Web Coach, an interactive, online community that offers e-learning tools, social support and information about quitting.

**Contact:**

[wellbeinginfo@alere.com](mailto:wellbeinginfo@alere.com)

866-QUIT-4-LIFE (866-784-8454)

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### Smokefree.gov

[www.smokefree.gov](http://www.smokefree.gov)

A website created by the National Cancer Institute to provide assistance to quit smoking. Provides a step-by-step guide to quit and other online resources.

**Contact:**

1-877-44U-QUIT (1-877-448-7848)

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## Statewide

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### AHEC “Quit Smoking Now”

[www.ahectobacco.com/calendar](http://www.ahectobacco.com/calendar)

The Florida Area Health Education Center (AHEC) Network offers tobacco cessation classes called “Quit Smoking Now” throughout the state. See what’s happening in your county by visiting their online calendar.

**Contact:**

1-87-QUIT-NOW-6 (1-877-848-6696)

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### Florida Quitline

[tobaccofreeflorida.com/](http://tobaccofreeflorida.com/)

Tobacco Free Florida offers a number of free and convenient resources to help tobacco users quit. The Florida Quitline and Web Coach are available 24 hours per day, seven days a week. Florida Residents 11 and older may use the quitline. Services are also available for hearing impaired.

**Contact:**

Multilingual telephone counseling

1-877-822-6669

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## North Central Florida

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### Suwannee River Area Health Education Center (AHEC)

[www.srahec.org](http://www.srahec.org)

Suwannee River AHEC provides the Group Quit option of Tobacco Free Florida’s Quit Your Way Program. Group Quit helps people quit all types of tobacco—cigarettes, cigars, smokeless tobacco, pipes, and others—in Suwannee River AHEC’s twelve county service area of Alachua, Bradford, Columbia, Dixie, Gilchrist, Hamilton, Lafayette, Levy, Marion, Putnam, Suwannee, and Union counties.

The Group Quit program offers two types of groups: a one-time 2-hour group and a multi-session group held once a week for four weeks. Both programs are free and participants receive up to four weeks of free nicotine patches, gum, or lozenges. Call toll free 866-341-2730 or visit [www.ahectobacc.com](http://www.ahectobacc.com) for details about upcoming groups.

Suwannee River AHEC also provides free tobacco cessation trainings for healthcare professionals and healthcare professional students.

**Contact:**

386-462-1551

14646 NW 151st Blvd.  
Alachua, FL 32615

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## Alachua County

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### GatorWell Health Promotion Services (AHEC)

[www.tobaccofree.ufl.edu](http://www.tobaccofree.ufl.edu)

GatorWell offers the Quit Program in partnership with the Student Health Care Center, the University of Florida Area Health Education Centers, and the Florida Department of Health. Through the program, currently enrolled UF students can receive various coaching and medications. Telephone and individual counseling available.

**Contact:**

352-273-5224  
3190 Radio Road  
Gainesville, FL 32611

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### Healthy Start of Alachua County

[www.healthystartncf.org](http://www.healthystartncf.org)

The Healthy Start Tobacco Cessation resource is available for those enrolled in Healthy Start. Individual counseling is also available through this service.

**Contact:**

Kasey Brooks  
[kasey.brooks@kidscentralinc.org](mailto:kasey.brooks@kidscentralinc.org)  
1-877-678-9355  
204 W. University Ave., Ste. 3  
Gainesville, FL 32601

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### Malcom Randall VA Medical Center

[www.northflorida.va.gov](http://www.northflorida.va.gov)

Services and information available to help veterans and Veteran Affairs employees to adopt a tobacco free life.

**Contact:**

352-376-1611 x4499  
1601 SW Archer Road  
Gainesville, FL 32608

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### Shands Healthcare

[www.tobaccofree.health.ufl.edu/](http://www.tobaccofree.health.ufl.edu/)

A wide selection of Shands healthcare counseling services, self-help materials and medicines are available to help

smokers employed by the University of Florida or Shands HealthCare quit successfully. Shands employees who attend during their regular work schedules will be paid for class attendance (with supervisor approval). Group counseling also available. Website offers a national, state and county-by-county list of resources.

**Contact:**

352-265-0680; Smoking Cessation Services: (352) 273-5224  
1600 SW Archer Road  
Gainesville, FL 32608

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## Shands Smoking Cessation Program

[www.shands.org/public/smokingcessation.asp](http://www.shands.org/public/smokingcessation.asp)

Offered to tobacco users 18 and older. Free 2-hour class once a week for six weeks. Flexible schedule of group and individual classes. Telephone counseling also available. Contact Gillian Eagle to sign up for the program.

**Contact:**

Gillian Eagle  
[geagle@ufl.edu](mailto:geagle@ufl.edu)  
(352) 273-5224  
706 SW 4th Avenue  
Gainesville, FL 32601

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## Tobacco Free Alachua

[TobaccoFreeAlachua.org](http://TobaccoFreeAlachua.org)

A diverse community partnership which fosters collaborative initiatives to develop and promote policies that reduce the use and effects of tobacco. We focus on building community support and advocating for the establishment of tobacco control policies that will:

- 1) Prevent youth and young adults from starting to use tobacco products
- 2) Protect Alachua County citizens from involuntary exposure to secondhand smoke
- 3) Provide support for current tobacco users who want to quit.

[TobaccoFreeAlachua@doh.state.fl.us](mailto:TobaccoFreeAlachua@doh.state.fl.us)

**Contact:**

Wendy Resnick; Ryan Mcguire  
[tobaccofreealachua@flhealth.gov](mailto:tobaccofreealachua@flhealth.gov)  
352-334-7914  
2401 SW Archer Rd  
Gainesville, FL 32608

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## UF Community Health & Family Medicine (AHEC)

[www.tobaccofree.ufl.edu](http://www.tobaccofree.ufl.edu)

UF Health Science Center employees can take advantage of a 5-7 week smoking cessation program during lunchtime or evening sessions. Individual and group counseling for patients, employees and family members is also available at the UF Health Science Center.

**Contact:**

352-273-5224

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## UF Employee Assistance Program (AHEC)

[www.eap.ufl.edu](http://www.eap.ufl.edu)

Up to six visits for consultation are available through AHEC. Services offered to UF employees and spouses. Individual and group counseling also available. Call or email to schedule an appointment.

**Contact:**

[eap-help@ufl.edu](mailto:eap-help@ufl.edu)

833-306-0103

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## Bradford County

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### Healthy Start of Bradford County

[www.healthystartncf.org](http://www.healthystartncf.org)

The Healthy Start Tobacco Cessation resource is available for those enrolled in Healthy Start. Individual counseling is available through this service. Nicotine replacement therapy is available through the Florida QuitLine.

**Contact:**

[healthybradford@flhealth.gov](mailto:healthybradford@flhealth.gov)

1-877-678-9355

1801 N. Temple Ave.

Starke, FL 32091

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## Columbia County

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### Healthy Start of Columbia County

[www.healthystartncf.org](http://www.healthystartncf.org)

The Healthy Start Tobacco Cessation resource is available for those enrolled in Healthy Start. Individual counseling is available through this service.

**Contact:**

Susie Tyson

[susie.tyson@flhealth.gov](mailto:susie.tyson@flhealth.gov)

1-877-678-9355

217 NE Franklin Street

Lake City, FL 32055

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## Dixie County

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## Healthy Start of Dixie County

[www.healthystartncf.org](http://www.healthystartncf.org)

The Healthy Start Tobacco Cessation resource is available for those enrolled in Healthy Start. Individual counseling is available through this service.

**Contact:**

1-877-678-9355  
149 NE 241st St.  
Cross City, FL 32628

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## Gilchrist County

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### Healthy Start of Gilchrist County

[www.healthystartncf.org](http://www.healthystartncf.org)

The Healthy Start Tobacco Cessation resource is available for those enrolled in Healthy Start. Individual counseling is available through this service.

**Contact:**

1-877-678-9355  
119 NE 1st St.  
Trenton, FL 32693

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## Hamilton County

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### Healthy Start of Hamilton County

[www.healthystartncf.org](http://www.healthystartncf.org)

The Healthy Start Tobacco Cessation resource is available for those enrolled in Healthy Start. Individual counseling is available through this service.

**Contact:**

1-877-678-9355  
209 Central Ave. SE  
Jasper, FL 32052

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## Levy County

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## Nature Coast Regional Hospital

Tobacco cessation information and services available to Levy County Residents. Group and individual counseling also available.

**Contact:**

Multilingual 352-528-2801  
125 SW 7th Street  
Williston, FL 32696

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## Putnam County

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### Palatka Community Based Outpatient Clinic

[www.northflorida.va.gov/locations/Palatka.asp](http://www.northflorida.va.gov/locations/Palatka.asp)

Weekly meetings available at the Palatka Community Based Outpatient Clinic with telephone follow-up phone calls after completion. Offered to eligible veterans.

**Contact:**

386-329-8800  
400 North State Road 19  
Suite 48  
Palatka, FL 32177

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## Suwannee County

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### Healthy Start of Suwannee County

[www.healthystartncf.org](http://www.healthystartncf.org)

The Healthy Start Tobacco Cessation resource is available for those enrolled in Healthy Start. Individual counseling is available through this service.

**Contact:**

1-877-678-9355  
915 Nobles Ferry Rd.  
Live Oak, FL 32064

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## Union County

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### Healthy Start of Union County

[www.healthystartncf.org](http://www.healthystartncf.org)

The Healthy Start Tobacco Cessation resource is available for those enrolled in Healthy Start. Individual counseling is available through this service.

**Contact:**

[healthyunion@flhealth.gov](mailto:healthyunion@flhealth.gov)

1-877-678-9355

495 E. Main Street

Lake Butler, FL 32054

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## **Lake Butler Hospital—We Are Free Support Class**

[www.lakebutlerhospital.com/](http://www.lakebutlerhospital.com/)

Meet in person or on the phone with one of Lake Butler Hospital's Tobacco Treatment Specialists (TTS) for an initial assessment to attend free smoking cessation classes. Offers free nicotine replacement therapies to anyone who would like help quitting any tobacco product, while supplies last. Available to visitors, patients and employees of Lake Butler Hospital.

**Contact:**

386-496-2323 ext. 228

Lake Butler Hospital

850 East Main Street

Lake Butler, FL 32054

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