

Tobacco Cessation

National

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

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

American Lung Association

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

Quit for Life

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

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

Smokefree.gov

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)

Statewide

AHEC “Quit Smoking Now”

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)

Florida Quitline

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

North Central Florida

Suwannee River Area Health Education Center (AHEC)

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 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

Alachua County

GatorWell Health Promotion Services (AHEC)

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

Healthy Start of Alachua County

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
1-877-678-9355
204 W. University Ave., Ste. 3
Gainesville, FL 32601

Malcom Randall VA Medical Center

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

Shands Healthcare

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

Shands Smoking Cessation Program

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
(352) 273-5224
706 SW 4th Avenue
Gainesville, FL 32601

Tobacco Free Alachua

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

Contact:

Wendy Resnick; Ryan Mcguire
tobaccofreealachua@flhealth.gov
352-334-7914
2401 SW Archer Rd
Gainesville, FL 32608

UF Community Health & Family Medicine (AHEC)

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

UF Employee Assistance Program (AHEC)

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

833-306-0103

Bradford County

Healthy Start of Bradford County

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

1-877-678-9355

1801 N. Temple Ave.

Starke, FL 32091

Columbia County

Healthy Start of Columbia County

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

1-877-678-9355

217 NE Franklin Street

Lake City, FL 32055

Dixie County

Healthy Start of Dixie County

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

Gilchrist County

Healthy Start of Gilchrist County

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

Hamilton County

Healthy Start of Hamilton County

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

Levy County

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

Putnam County

Palatka Community Based Outpatient Clinic

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

Suwannee County

Healthy Start of Suwannee County

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

Union County

Healthy Start of Union County

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

1-877-678-9355

495 E. Main Street

Lake Butler, FL 32054

Lake Butler Hospital—We Are Free Support Class

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
