

Tobacco Cessation

National

American Cancer Society Quitline

www.cancer.org

The American Cancer Society Quitline 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.lungusa.org/stop-smoking/how-to-quit/

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.alerewellbeing.com

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

999 3rd Avenue

Suite 2100

Seattle, Washington 98104

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:
1-877-440-QUIT

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

Provides community and workplace tobacco cessation; tobacco cessation training for healthcare providers and Quit Smoking Now classes. The Quit Smoking Now program 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.

Quit Smoking Now is held once a week for six consecutive weeks in local communities. The program is free and participants receive free nicotine replacement therapy (nicotine patches, gum, or lozenges). Visit their website or call for information about classes.

Contact:
sarahc@srahec.org
386-462-1551
14646 NW 151st Blvd.

Alachua County

CHOICES Health Education and Wellness

Tobacco cessation classes offered the 2nd and 4th Tuesday of every month at the Alachua County Health Department by appointment. The multifaceted program includes community-based group fitness classes, health education seminars, smoking cessation, faith-based initiative, youth initiative, worksite wellness and faith-based series. The goal of the program is to help people develop and maintain a healthy lifestyle. A team of health educators helps provide the tools needed to change lifestyle behaviors: 1) increase physical activity, 2) improve nutritional diet, and 3) eliminate tobacco use. To register for the tobacco cessation classes, please email.

Contact:

CHOICEShewprogram@doh.state.fl.us

352-334-8889

224 SE 24th Street

Gainesville, FL 32641

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:

352-273-4450

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:

Laura.Duke@doh.state.fl.us

Multilingual 352-334-7940

224 SE 24th Street

Gainesville, FL 32641

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

North Florida Regional Medical Center “Freedom from Smoking”

nfrmc.com/hl/?/648224/

“Freedom from Smoking” consists of two-hour evening classes for 8 weeks to help tobacco users quit. Classes are offered during the Fall and Spring. The workbook fee is \$20 and limited spaces are available. Telephone, individual and group counseling are also available.

Contact:

Gwen.Carriere@hcahealthcare.com

352-333-4511
North Florida Regional Medical Center
6500 W. Newberry Road
Gainesville, FL 32605

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
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
352-392-4541 x233
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:

Marilyn Headley

Marilyn_Headley@doh.state.fl.us

352-334-7914

224 SE 24th Street

Gainesville, FL 32601

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:

352-392-4541 x239

2750 NW 43rd Street

Suite 102

Gainesville, FL 32606

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:

eaphelp@cns.ufl.edu

352-392-5787

Room 245 of the Student Health Care Center

(Infirmary Building)

1 Fletcher Drive

Gainesville, FL 32611

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:

Traci_Wilson@doh.state.fl.us

904-964-7732

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@doh.state.fl.us

386-758-1135

217 NE Franklin Street

Lake City, FL 32055

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:

kcopper@cdsi.org

(352) 463-6252

225 SW 1st Avenue

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:

Hope_Crawford@doh.state.fl.us

Multilingual 386-792-1414

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:

386-326-7391; Multilingual 386-362-2708
915 Nobles Ferry Road
Live Oak, FL 32060

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:

Cindy.Kent@doh.state.fl.us

Multilingual telephone line: 386-496-3211
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
