

Tobacco Cessation

National

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

www.cancer.org/cancer/risk-prevention/tobacco

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:

1-800-586-4872

Quit for Life

quitnow.net

The Quit For Life® Program was a collaboration between the American Cancer Society and Alere Wellbeing, now a part of Rally Coach. The program helps people quit tobacco use by providing: Personalized coach support with a Quit Plan, online resources to get daily advice on how to manage triggers, track progress you've made, and connect with others who are trying to quit, mobile app progress, and text message support for your quit journey.

Contact:

(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 Your Way”

ahectobacco.com/group-quit-calendar/

The Florida Area Health Education Center (AHEC) Network offers group tobacco cessation classes through Tobacco Free Florida’s Quit Your Way program throughout the state. See what’s happening in your county by visiting their online calendar.

Contact:

tobacco@ahec.ufl.edu

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:

contact@tobaccofreeflorida.com

Free Support Line: 1-877-822-6669

North Central Florida

Florida Healthy Start – Central & North Central Florida Coalitions

www.chsandhsncfcoalitions.org

Healthy Start is a statewide program providing education, screening, care coordination, and support services for pregnant individuals, parents, infants, and young children. Through local Healthy Start coalitions, the program offers referrals, home visiting, group education, and tobacco cessation resources for those enrolled to promote healthy pregnancies and early childhood development. Services vary by county and are delivered through community-based partners. Healthy Start services are available in *Alachua, Bradford, Columbia, Dixie, Gilchrist, Hamilton, Lafayette, Levy, Marion, Putnam, Suwannee, and Union* counties; **local county health departments** or **Healthy Start coalitions** can provide additional information and referrals.

Contact:

(877) 678-9355

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 at (866) 341-2730 or visit www.ahectobacco.com for details about upcoming groups.

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

Contact:

info@srahec.org

(386) 462-1551

14646 NW 151st Blvd.

Alachua, FL 32615

Alachua County

Tobacco Free Alachua

www.tobaccofreealachua.org

Tobacco Free Alachua is a diverse community partnership which fosters collaborative initiatives to develop and promote policies that reduce the use and effects of tobacco and nicotine products. We focus on building community support and advocating for the establishment of tobacco control policies that will:

Protect Alachua County residents from the negative implications of tobacco use and involuntary exposure to secondhand smoke.

Educate the community by equipping residents with factual, evidence-based information to address the local prevalence of tobacco and vaping.

Promote and Strengthen the local network of organizations dedicated to helping users quit while leveraging diverse partnerships to reduce the burden of tobacco.

Contact:

Wendy Resnick

info@tobaccofreealachua.org

(336) 907-2576

2401 SW Archer Rd

Gainesville, FL 32608

UF Area Health Education Centers (AHEC)

tobaccofree.ufl.edu

The University of Florida AHEC Program offers free Group Quit classes with in-person and online options in partnership with Tobacco Free Florida. Through the program, any individual can receive various strategies and medications offered by a tobacco treatment specialist. In-person and online options available to help with quitting. Free gift cards are offered for

attending a class.

Contact:

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

UF Employee Assistance Program

eap.ufl.edu

University of Florida faculty, staff, graduate assistants, non-student OPS employees, house staff/residents, and postdoc associates who live within the State of Florida, as well as their spouses or domestic partners, are eligible for six free mental health counseling sessions with one of three dedicated licensed therapists. Call or email to schedule an appointment.

Contact:

eap-help@ufl.edu
(352) 273-1765

Levy County

Nature Coast Regional Hospital

innovacarehealth.com/location/nature-coast-medical-group

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

Contact:

(352) 528-5801
130 SW 7th Street
Williston, FL 32696

Putnam County

Palatka VA Clinic

www.va.gov/north-florida-health-care/locations/palatka-va-clinic/#smoking-and-tobacco-cessation

Support, resources, and programs available to help veterans to adopt a tobacco free life. These include:

- FDA-approved medications to manage nicotine withdrawal and the urge to smoke.
- Counseling in person or by phone
- Tobacco Cessation Quitline for individual counseling and strategies
- SmokefreeVET text message program for daily advice and interactive support
- Stay Quit Coach mobile app to help you quit smoking and stay smoke-free

Contact:

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

Union County

Lake Butler Hospital— Free Group Sessions

lakebutlerhospital.com/services/quitsmoking

Lake Butler Hospital partners with Tobacco Free Florida and the Suwannee River Area Health Education Center (AHEC) to offer free, expert-led tobacco cessation programs, including group sessions and nicotine replacement therapies. These evidence-based resources are available to community members at no cost, with both in-person and virtual options for participation. Check the website for upcoming sessions and more information.

Contact:

(866) 341-2730
Main Hospital: (386) 496-2323
850 East Main Street
Lake Butler, FL 32054
