

## Resources for Smoking Cessation

### **NC Tobacco Use Quitline**

1-800-QUIT-NOW(1-800-784-8669)

- Free and Confidential
- Available 8 am to midnight daily
- Trained quit coaches help you quit and call you back, upon request

### **Rex Healthcare**

4420 Lake Boone Trail

Raleigh, NC 27607

Phone: 919.784.3756 (Pulmonary Services)

*\*Call for Smoking Cessation Class schedule*

### **Duke Health Raleigh Hospital**

Pulmonary Rehabilitation Services

3400 Wake Forest Road

Raleigh, NC 27609

919.954.3000

*\*Call to schedule an appointment for smoking cessation counseling; patients must have abstained from tobacco use for three months to be a qualified participant.*

### **Johnston Medical Center (Smithfield)**

Cardiopulmonary Rehabilitation Program

919.938.7127

*\*Patients participating in the Cardiopulmonary Rehabilitation Program may receive education/counseling on smoking cessation as well as other disease management and healthy lifestyle changes education.*

### **American Cancer Society (Raleigh Office)**

8300 Health Park, Suite 10, Raleigh, NC 27615

Phone: 919.334.5218 or 1.800.ACS.2345

Fax: 919.841.1422

<http://www.cancer.org>

*Information includes "Guide to Quitting Smoking" for patients.*

### **Nicotine Anonymous**

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

*Information includes 12 step fellowship pamphlets, local meeting schedules, and cessation resources for patients and healthcare professionals.*

## **Quit Tobacco Use**

### **American Lung Association of North Carolina**

3801 Lake Boone Trail Suite 190, Raleigh, NC 27607

Phone: 919.832.8326 or Toll free 1.800.892.5650

Fax: 919.856.8530

Contact: [info@lungnc.org](mailto:info@lungnc.org)

*Information includes "Freedom From Smoking" program ([www.ffsonline.org](http://www.ffsonline.org))*

*\*Online cessation courses available*

## **Quit Now NC!**

88 Vilcom Circle, Suite 110, Chapel Hill, NC 27514

Phone: 919.969.7022 or 1.866.919.7848

Fax: 919.960.0592

<http://www.quitnownc.org>

*Information for Healthcare Professional includes: patient education, pharmacotherapy, data and studies, worksite wellness, and experienced Professional Quit Coaches to assist with patient education and follow-up.*

## **StepUpNC**

Contact: [stepup@ncmail.net](mailto:stepup@ncmail.net)

<http://www.stepupnc.com>

*Information includes physical health effects of tobacco, local smoke-free dining guide and smoking cessation resources.*

## **TRU (Tobacco. Reality. Unfiltered.) NC Health and Wellness Trust Fund**

Contact: [realityunfiltered.nc@ncmail.net](mailto:realityunfiltered.nc@ncmail.net)

<http://www.realityunfiltered.com/>

*Website focuses on Adolescent health and smoking effects for teenagers and tips on how to quit smoking.*

## **North Carolina Tobacco Prevention and Control Branch Department of Health and Human Services**

Chronic Disease and Injury NC Division of Public Health Department of Health and Human Services

1915 Mail Service Center, Raleigh, NC 27699-1915

Phone: 919.707.5200

Fax: 919.870.4800

*Information for healthcare professionals on website includes "Local Government Smoke-Free Implementation Toolkit"*