

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

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

Information includes "Freedom From Smoking" program (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

<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

<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"