

CESSATION CLASSES & QUIT HELP

Cessation Classes

- **Northwell Health System Center for Tobacco Control**
Great Neck (516) 466-1980
www.northshorelij.com/stopsmoking
6 week cessation program of 1 hour classes with 1 year follow-up. Booster classes are available.
\$75 includes cessation medication
- **St Francis Hospital DeMatteis Center**
Greenvale (516) 629-2013
8 sessions (7 weeks) American Lung Association “Freedom From Smoking” behavior modification program.
No Cost
- **Suffolk County Department of Health Services**
Multiple locations (631) 853-4017
www.suffolkcountyny.gov/health
6 week cessation program of 1 hour sessions. Reunion follow-up session held one month later.
\$50 includes cessation medication
- **Winthrop-University Hospital**
Mineola (516) 663-2579
4 session American Lung Association “Freedom From Smoking” behavior modification cessation program with follow-up support. Certified hypnotist on staff.
No Cost

Quit Help

- **American Lung Association**
Lung Helpline (800-Lung-USA)
Freedom From Smoking Online – 7 session online program.
www.lungusa.org
No Cost
- **N.Y. State Smokers’ Quitline**
866-NY-QUITS (866-697-8487)
Tobacco User services include: Bi-lingual phone counseling, free nicotine replacement therapy trial for qualified smokers, self-help booklets, taped message library, referrals to cessation programs, and web-based interactive services
Health Care Provider services include: “FAX to Quit” patient referral, on-line CME program, on-line “How to Run a Stop Smoking Clinic” training program, Health Care Provider Quit Kit and more.
- **National Cancer Institute Quitline**
(877) 44U-QUIT
www.smokefree.gov
Bilingual smoking cessation counseling and literature.
No Cost
- **Nicotine Anonymous**
Multiple locations | (631) 665-0527
www.nicotine-anonymous.org
12-step support groups for nicotine users. All are welcome. No dues or fees.
No Cost
- **Suffolk County Perinatal Coalition**
(631) 475-5400
Referrals for pregnant and parenting women.

