

Are you addicted to tobacco?

Breaking that addiction is hard.

There are resources available to help you become tobacco-free!

- ➔ **ALA Freedom from Smoking** (Syracuse)
Type: 8-Week Cessation Program
More Info: 315-218-0850
- ➔ **Bassett Healthcare Network** (Various)
Type: Cessation Program
More Info: 607-431-5180
- ➔ **Bridges to Prevent Tobacco** (Oneida)
Type: Individual Counseling
More Info: 315-697-3947
- ➔ **Cayuga Center for Healthy Living** (Ithaca)
Type: Individual Counseling & Support Group
More Info: 607-252-3590
- ➔ **Claxton-Hepburn Medical Center** (Ogdensburg)
Type: Monthly Workshop
More Info: 315-250-1305
- ➔ **Cornerstone Family Healthcare** (Binghamton)
Type: Cessation Program
More Info: 607-201-1200
- ➔ **Cortland Convenient Care** (Cortland)
Type: Support Group
More Info: 607-252-3590
- ➔ **Cortland Regional Medical Center Commit-to-Quit!** (Cortland)
Type: 6-Week cessation program
More Info: 607-756-3807
- ➔ **Gero Consulting** (St. Lawrence, Jefferson and Lewis Counties)
Type: Group Counseling
More Info: 315-250-1305
- ➔ **Lewis County Health Department** (Lowville)
Type: Cessation Classes
More Info: 315-376-5453
- ➔ **Kinney Drugs Ready. Set. Quit** (All Kinney Drugs Locations)
Type: Counseling & Medication (if eligible)
More Info: Talk to your Local Kinney Drugs Pharmacist
- ➔ **Oneida County Health Department** (Utica)
Type: Cessation Classes
More Info: 315-798-5486 or revans@ocgov.net
- ➔ **Quit for Life Excellus BCBS Members** (Online)
Type: Counseling & Medication (if eligible)
More Info: 1-800-442-8904 or Excellusbcbs.com
- ➔ **Upstate's Quit & Stay Quit Classes** (Syracuse)
Type: Cessation Classes
More Info: 315-464-8668
- ➔ **UHS Nurse Direct** (Binghamton)
Type: Telephone Cessation Counseling
More Info: 1-800-295-8088
- ➔ **UHS Stay Healthy Oakdale Mall** (Binghamton)
Type: Support Group
More Info: 1-607-763-5555

Talk To Your Health Care Provider Today for Support With Quitting!

1 out of every 2 smokers said they were motivated to quit because their health care provider recommended¹



**New York State
Smokers' Quitline**
1-866-NY-QUITS
www.nysmokefree.com

Source 1: <http://talktoyourpatients.ny.gov/>

smokefreeVET

There are specialized resources available for military service members!

Call: 1-855-784-8838

Text: VET to 47848

Facebook: SmokefreeVET

Are you pregnant and smoking? These programs can help you quit!



Mothers and Babies Perinatal Network

Free cessation program

More Info: 1-800-231-0744

Chenango County Residents

Baby & Me –Tobacco Free Program

More Info: 607-337-1661

Oswego County Residents

Smoke Free For My Baby and Me

More Info: 315-343-2590

Oswego County Opportunities OPTIONS

More Info: 315-342-7532 ext. 5

Find a NA Meeting that works for you!



NICOTINE ANONYMOUS

nicotine-anonymous.org



teen.smokefree.gov

Are you a young person thinking about quitting? Smokefree Teen can help!