

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!

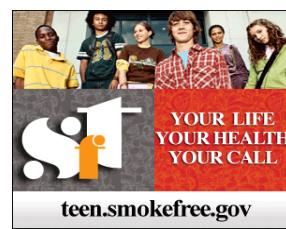


- Mothers and Babies Perinatal Network**
Free cessation program
More Info: 1-800-231-0744
- Chenango County Residents**
Baby & Me –Tobacco Free Program
More Info: 607-337-1661
- Oswego County Residents**
Smoke Free For My Baby and Me
More Info: 315-343-2590
- Oswego County Opportunities OPTIONS**
More Info: 315-342-7532 ext. 5

Find a NA Meeting that works for you!



NICOTINE ANONYMOUS
nicotine-anonymous.org



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