

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
- **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
- **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
- **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
- **Lourdes Freedom from Smoking** (Binghamton)
Type: 8-Week Cessation Program
More Info: 1-877-9LOURDES
- **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
- **Samaritan Medical Outpatient Clinic** (Watertown)
Type: Cessation Classes
More Info: 315-779-5060
- **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

There are specialized resources at SmokefreeVET available for military service men and women!



Smoking Quitline
1-855-QUIT-VET

Join our community of smokefree Veterans on Facebook.
Facebook.com/Smokefreevet



Text VET to 47848
(VETesp to 47848 for Spanish)

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



- Chenango County Residents**
Baby & Me –Tobacco Free Program
More Info: 607-337-1661
- Lewis County Residents**
Baby & Me – Tobacco Free Program
More Info: 315-376-5453
- Oswego County Residents**
Smoke Free For My Baby and Me
More Info: 315-343-2590

Check out these Mobile Apps!

