

Thinking About Quitting?

Check out these resources that are available to help you to quit for good!

Local Cessation Support:

Auburn Community Hospital (Auburn)

Type: Cessation Program
More Info: 315-255-7388

Claxton-Hepburn Medical Center (Ogdensburg)

Type: Monthly Workshop
More Info: 315-393-3600

Gero Consulting (St. Lawrence, Jefferson & Lewis Co.)

Type: Group Counseling
More Info: 315-250-1305

Quit for Life Excellus BCBS Members (Online)

Type: Counseling & Medication (if eligible)
More Info: 1-800-442-8904 or Excellusbcbs.com

Bassett Healthcare Network (Various)

Type: Cessation Program
More Info: 800-227-7388 or 607-547-6635

Cornerstone Family Healthcare (Binghamton)

Type: Cessation Program
More Info: 607-201-1200

Lewis County Health Department (Lowville)

Type: Cessation Classes
More Info: 315-376-5453

Upstate's Quit & Stay Quit Classes (Syracuse)

Type: Cessation Classes
More Info: 315-464-8668 or 315-464-3519

Bridges to Prevent Tobacco (Oneida)

Type: Individual Counseling
More Info: 315-697-3947

Cortland YMCA (Cortland)

Type: Support Group
More Info: 607-252-3590

Kinney Drugs Ready. Set. Quit (Kinney Drugs Stores)

Type: Counseling & Medication (if eligible)
More Info: Talk to your Local Kinney Pharmacist

Upstate's Youth "How To Ditch Vaping" Sessions (Syracuse)

Type: Sessions for youth
More Info: 315-464-3519

Cayuga Center for Healthy Living (Ithaca)

Type: Individual Counseling &
Support Group
More Info: 607-252-3590

Cortland Regional Medical Center (Cortland)

Type: 6-Week cessation program
More Info: 607-756-3807

Oneida County Health Department (Rome and Utica)

Type: Cessation Classes
More Info: 315-798-6400

UHS Stay Healthy Oakdale Mall (Binghamton)

Type: Cessation Classes
More Info: 607-763-5092



**New York State
Smokers' Quitline**
1-866-NY-QUITS
www.nysmokefree.com
Call or click to quit

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 recommended!

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



Download the QuitGuide Mobile App:

A free app that helps you understand
your smoking patterns and build your skills
to become smokefree!



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

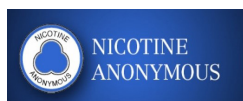
Oswego County Opportunities OPTIONS

More Info: 315-342-7532 ext. 5



Resources for military service members!

Call: 1-855-784-8838
Text: VET to 47848
Facebook: SmokefreeVET



Find a NA Meeting that works for you!



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