

Treating Tobacco Use and Dependence

Resources for Patients

The New York State Smokers' Quitline
1-866-NY-QUITS (1-866-697-8487) www.nysmokefree.com/

Deaf, Hard of Hearing and Speech Disabled: Call NY Relay Service at 711 (Voice or TTY), Give Operator Quitline Number
Call to find out if you are eligible for free starter kit of Nicotine Replacement Therapy to help you stop smoking

<p>Monroe <u>Healthy Living Center</u> 46 Prince St Rochester NY 14607 (585) 530-2050 <i>Provides evidence based counseling and medication support to individuals in Monroe County and surrounding areas.</i></p> <p>Livingston <u>Noyes Memorial Hospital</u> 111 Clara Barton St., Dansville, NY 14437 (585) 335-4327 - Contact Lorraine Wichtowski <i>Provides group cessation classes with a minimum of four participants per group at no charge. Call for next class. Use American Cancer Society Freshstart material.</i></p> <p>Ontario <u>Thompson Health Wellness Services</u> 350 Parrish Street Canandaigua, NY 14424 (585) 396-6111 <i>Provides individual counseling (7 week series) for a \$35 fee.</i></p> <p>Seneca ACS Freshstart Program <u>Seneca County Health Department</u> 31 Thurber Drive Waterloo, NY 13165 (315) 539-1949 <i>Provides group cessation classes with a minimum of four participants per group.</i></p>	<p>Steuben Quit-Stay-Quit <u>Steuben Co Public Health Southern TTAC</u> Steuben Co Public Health 3 East Pulteney Square Bath, NY 14810 (607) 664-2438 <i>Provides group cessation classes.</i></p> <p>Wayne <u>Wayne County Public Health</u> 1519 Nye Road Suite 200 Lyons, NY 14489 (315) 946-5749 <i>Provides individual and group counseling at no charge. Group classes: 1) Not on Tobacco-group classes, for teenagers, based on American Lung Association (ALA) materials, 2) Freedom from Smoking, based on ALA material, 3) I Can Quit (different timeframe from Freedom from Smoking)</i></p> <p>Yates Tobacco Cessation Programs Yates County Public Health 417 Liberty St., Suite 2120 Penn Yan, NY 14527 (315) 536-5160 <i>Provides group cessation classes. There is a \$10 fee at registration, refundable upon completion of classes.</i></p>
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Guidelines are intended to be flexible. They serve as reference points or recommendations, not rigid criteria. Guidelines should be followed in most cases, but there is an understanding that, depending on the patient, the setting, the circumstances, or other factors, care can and should be tailored to fit individual needs.