Tobacco Cessation Resource Guide
When you decide to quit using tobacco, there are many programs and resources available to help you quit – for good.

This resource guide contains tobacco cessation programs available to residents of Virginia and North Carolina. Whether you prefer a self-paced program, a support group setting or a more private approach, there is a method that can work for you. This guide lists group programs, individual programs, web-based programs and other valuable resources. Some programs have fees associated with them. Contact the program you are interested in to find out more information. Remember, your physician/provider is an excellent source of information and guidance regarding tobacco cessation.
Free Community Classes for residents of Hampton Roads are provided at various locations throughout the year.

Riverside Wellness & Fitness Center
12650 Jefferson Avenue
Newport News, VA 23602
(757) 875-7533

Naomi Goldblum Ph.D.
Clinical Associates of Tidewater
12695 McManus Boulevard, Bldg. #8
Newport News, VA 23692
(757) 877-7700
Website: www.quitsmart.com

Sentara Williamsburg Regional Medical Center
100 Sentara Circle
Williamsburg, VA 23188
(757) 984-7112 or (757) 984-7242

Sentara Health and Preventive Services
1604 Santa Rosa Road, Suite 100
Richmond, VA 23229
(804) 510-7406

Susan Cooke, M.S.
Farmville, Powhatan, Amelia, and Chesterfield, VA
(804) 363-9198

You Can Stop!
“Get Off Your Butt: Stay Smokeless for Life”
Sentara Health and Preventive Services
www.sentara.com/tobaccocessation.com
Self Study Program

National Quitline Network
1-800-QUIT-NOW
1-800-784-8669

Region TEN CSB
500 Old Lynchburg Rd.
Charlottesville, VA 22903
1-434-972-1829

Thomas Jefferson Health District
1138 Rose Hill Drive
Charlottesville, VA 22903
(434) 296-5525

Sentara Intercoastal Family Practice
633 Battlefield Blvd. S., Suite 300
Chesapeake, VA 23322
(757) 233-4700

Nicotine Anonymous
Great Bridge United Methodist Chruch
201 Stadium Dr.
Chesapeake, VA 23322
(757) 482-1049

Tidewater Family Medical Care PC
516 Innovation Dr., Suite 103
Chesapeake, VA 23320
(757) 495-0606

Sentara CarePlex Hospital
3000 Coliseum Drive
Hampton, VA 23666
(757) 827-2415

Sentara RMH Medical Center
Harrisonburg, VA 22801
Erica Rollins, Health Education and Awareness Coordinator
(540) 433-4421
<table>
<thead>
<tr>
<th>Programs</th>
<th>Location</th>
<th>Address</th>
<th>Phone</th>
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<tbody>
<tr>
<td><strong>Sentara Family Medicine Physicians</strong></td>
<td>Norfolk</td>
<td>301 Riverview Avenue, Suite 810</td>
<td>(757) 252-9150</td>
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<tr>
<td><strong>Sentara Internal Medicine</strong></td>
<td>Norfolk</td>
<td>850 Kempsville Road, Suite 200-A</td>
<td>(757) 252-9010</td>
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<tr>
<td><strong>Sentara Albemarle Medical Center</strong></td>
<td>North Carolina</td>
<td>1144 N Road Street</td>
<td>(252) 384-4665</td>
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<tr>
<td><strong>Clinical Associates of Tidewater</strong></td>
<td>Peninsula</td>
<td>12695 McManus Blvd., Building #8</td>
<td>(757) 877-7700</td>
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<tr>
<td><strong>EVMS Portsmouth Family Medicine</strong></td>
<td>Portsmouth</td>
<td>600 Crawford St., Suite 300</td>
<td>(757) 397-6344</td>
</tr>
<tr>
<td><strong>Carilion Clinic - Community Health and Outreach</strong></td>
<td>Roanoke</td>
<td>Be A Quitter Program</td>
<td>(540) 266-6000 or 1-800-422-8482</td>
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<tr>
<td><strong>Awakenings Counseling Center</strong></td>
<td>Virginia Beach</td>
<td>1008 Old Virginia Beach Rd.</td>
<td>(757) 422-2118</td>
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<tr>
<td><strong>Blackwood Family Medicine Center</strong></td>
<td>Virginia Beach</td>
<td>1201 Lake James Dr., Suite 200</td>
<td>(757) 523-0022</td>
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<tr>
<td><strong>Clayton Hypnosis Clinic</strong></td>
<td>Virginia Beach</td>
<td>C.L. Clayton, PsyD, CDH, CHt</td>
<td>(757) 471-7002</td>
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</table>
Web-based Programs

Smoking Cessation Websites

Stop Smoking Center • www.stopsmokingcenter.net
Try to Stop • www.trytostop.org
Become an Ex • www.becomeanex.org
Smoking Cessation Center www.webmd.com/smoking-cessation
Committed Quitters • www.committedquitters.com
Freedom From Smoking Online www.lungusa.org • www.ffsonline.org
Quit Net • www.quitnet.com
Smoke Free • www.smokefree.gov
Healthline • www.healthline.com
Nicotine Anonymous • www.nicotine-anonymous.org
National African American Tobacco Prevention Network • www.naatpn.com
Quit Now • www.quitnow.net/Virginia

Related Links

Action on Smoking and Health www.ash.org
Navy Environmental Health Center, Tobacco Cessation Program www.nehc.med.navy.mil/hp/tobacco/index.htm
National Center for Tobacco-Free Kids www.tobaccofreekids.org
WebMD Health www.webmd.com

Materials

American Cancer Society www.cancer.org
American Lung Association www.lungusa.org
American Heart Association www.americanheart.org

National Quitline Network
1-800-QUIT NOW
1-800-784-8669

Cancer Information Service
1-800-4 CANCER
1-800-422-6237

National Cancer Institute Quitline
1-877-448-7848
Ask Your Doctor

If formal programs are not available in your area or do not appeal to you—ask your doctor for help in quitting. Your health care provider can assist you in developing a plan especially suited to your particular needs.

Studies have shown that the following five steps will help you quit and quit for good. You have the best chances of quitting if you use them together.

1. Get Ready
Set a date, get rid of ashtrays and tobacco products, review past attempts to quit, and once you quit don’t take even one puff or dip!

2. Get Support
You have a better chance of success if you have help. You can get support from family, friends, coworkers, your health care provider, a counselor, or a support group (such as Nicotine Anonymous).

3. Learn New Skills and Behaviors
Distract yourself, change your routine, use stress reduction techniques, drink a lot of water, do abdominal breathing, etc. In addition to formal classes, there are many self-help materials available at low or no cost and many online resources exist that can help.

4. Get and Use Medication
There are medications approved by the FDA that can help you: Nicotine replacement products (gum, patch, lozenge, nasal spray & inhaler) and non-nicotine products such as Welbutrin SR and Chantix. Ask your health care provider for advice and carefully read the package information. All of these medications will improve your chances of successfully quitting.

If you are pregnant, nursing, under age 18, smoking less than 10 cigarettes a day, or have a medical condition, talk to your health care provider before taking medications.

5. Prepare for Relapse
Most relapses occur within the first 3 months. Don’t be discouraged—most people try several times before they finally quit. Typical difficult situations to watch out for: other smokers, drinking alcohol, weight gain, bad mood or depression. Talk to your health care provider if you have problems with any of these.

Source: CDC Quit Tips (accessed April, 2018).
Inclusion of a resource in this brochure does not imply endorsement by Sentara Healthcare. The material contained in this publication is not intended to be medical advice on any particular matter. Readers should seek appropriate professional advice before acting on the basis of any information contained in these programs. This information is courtesy of Sentara Healthcare. For more information, contact the Community Health and Prevention office at 1-833-484-0044 or visit www.sentara.com/tobaccocessation.

Need help in another language? Call us at 1-855-687-6260.

다른 언어로 도움이 필요하신가? 저희에게 연락해 주세요.

Quý vị cần được giúp bằng một ngôn ngữ khác? Hãy gọi cho chúng tôi.

Kailangan ng tulong sa ibang wika? Tawagan kami.

¿Necesita ayuda en algún otro idioma? Llámenos.

Saad łahgo át’éhígíi daa ts’í bee shíká a’doowol nínízin. Nihich’i’ hólne’.

1-855-687-6260