

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.

**When you're ready to quit,
there are many ways to get help.**

Group Programs

Sentara Healthcare

Health and Preventive Services

4417 Corporation Lane
Virginia Beach, VA 23462
(757) 552-7534

Free Community Classes for residents of Hampton Roads are provided at various locations throughout the year.

Peninsula

Smokeless Program

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

Quit Smart Program

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

Richmond

Sentara Health and Preventive Services

1604 Santa Rosa Road, Suite 100
Richmond, VA 23229
(804) 510-7406

Quit Smart Program

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



Sentara Healthcare

“Get Off Your Butt: Stay Smokeless for Life”

Sentara Health and Preventive Services
1-800-736-8272

National Quitline Network

1-800-QUIT-NOW
1-800-784-8669

Charlottesville

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

Chesapeake

Sentara Intercoastal Family Practice

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

Nicotine Anonymous

Great Bridge United Methodist Church
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

Hampton

Sentara CarePlex Hospital

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

Harrisonburg

Sentara RMH Medical Center

Harrisonburg, VA 22801
Erica Rollins, Health Education and Awareness Coordinator
(540) 433-4421

Programs

Norfolk

Sentara Family Medicine Physicians

301 Riverview Avenue, Suite 810
Norfolk, VA 23510
(757) 252-9150

Sentara Internal Medicine

850 Kempsville Road, Suite 200-A
Norfolk, VA 23502
(757) 252-9010

North Carolina

Sentara Albemarle Medical Center

1144 N Road Street
Elizabeth City, NC 27909
(252) 384-4665

Peninsula

Clinical Associates of Tidewater

12695 McManus Blvd., Building #8
Newport News, VA 23692
(757) 877-7700

Portsmouth

EVMS Portsmouth Family Medicine

600 Crawford St., Suite 300
Portsmouth, VA
(757) 397-6344

Virginia Beach

Awakenings Counseling Center

1008 Old Virginia Beach Rd.
Virginia Beach, VA 23451
www.counselingatawakenings.com
(757) 422-2118

Family Medicine Center

1201 Lake James Dr., Suite 200
Virginia Beach, VA 23464
(757) 523-0022

Clayton Hypnosis Clinic

C.L. Clayton, PsyD, CDH, CHt
2405 Keaton Ct.
Virginia Beach, VA 23456
(757) 471-7002
info@claytonhypnosisclinic.com

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 Toll-Free Quitlines

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 November 2016).

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 1-800-736-8272 or visit **www.sentara.com/tobaccocessation**.

Atención: si habla español, tiene a su disposición servicios lingüísticos gratuitos. Llame al 844-809-6648.

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 844-809-6648 번으로 전화해 주십시오.

注意: 如果您讲中文普通话, 则将为您提供免费的语言辅助服务。请致电 844-809-6648。