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. 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.

**Smokeless Program**
Riverside Wellness & Fitness Center
12650 Jefferson Avenue
Newport News, VA 23602
Contact: Holly Hicks
(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

**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

You Can Stop!
**“Get Off Your Butt: Stay Smokeless for Life”**
CD Program
Sentara Health and Preventive Services
1-800-736-8272

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

**Region TEN CSB**
500 Old Lynchburg Rd.
Charlottesville, VA 22903
1-855-444-2371

**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

**Sentara RMH Medical Center**
Harrisonburg, VA 22801
Erica Rollins, Health Education and Awareness Coordinator
(540) 433-4421
<table>
<thead>
<tr>
<th>Program</th>
<th>Address</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Sentara Family Medicine Physicians Fort Norfolk</td>
<td>301 Riverview Ave. Norfolk, VA 23510</td>
<td>(757) 388-1874</td>
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<tr>
<td>Clinical Associates of Tidewater</td>
<td>12695 McManus Blvd., Building #8 Newport News, VA 23692</td>
<td>(757) 877-7700</td>
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<tr>
<td>Portsmouth Family Medicine</td>
<td>600 Crawford St., Suite 400 Portsmouth, VA</td>
<td>(757) 397-6344</td>
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<tr>
<td>Awakenings Counseling Center</td>
<td>1008 Old Virginia Beach Rd. Virginia Beach, VA 23451</td>
<td><a href="http://www.counselingatawakenings.com">www.counselingatawakenings.com</a> (757) 422-2118</td>
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<tr>
<td>Family Medicine Center</td>
<td>1201 Lake James Dr., Suite 200 Virginia Beach, VA 23464</td>
<td>(757) 523-0022</td>
</tr>
<tr>
<td>Lynelle Brantner, Certified Hypnotherapist</td>
<td>2373 Madison Ave. Virginia Beach, VA 23455</td>
<td>(757) 237-1737</td>
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<tr>
<td>Tidewater Hypnosis</td>
<td>C.L. Clayton, PsyD, CDH, CHt 2405 Keaton Ct. Virginia Beach, VA 23456</td>
<td>(757) 471-7002 <a href="mailto:info@claytonhypnosisclinic.com">info@claytonhypnosisclinic.com</a></td>
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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
- **Healthy Visions** • 1-866-312-3159
- **Quit Now** • www.quitnow.net/Virginia

**Related Links**

- **Smoke-Free Virginia** • www.smokefreevirginia.org
- **Action on Smoking and Health** • www.ash.org
- **Navy Environmental Health Center, Tobacco Cessation Program** • www.nehcm.med.navy.mil/hp/tobacco/index.htm
- **National Center for Tobacco-Free Kids** • www.tobaccofreekids.org
- **Smoke Free Kids** • www.smokefree.gov
- **WebMD Health** • www.webmd.com

**Materials**

- **Virginia Tobacco Settlement Foundation** • www.vtsf.org
- **American Cancer Society** • www.cancer.org
- **American Lung Association** • www.lungusa.org
- **American Heart Association** • www.americanheart.org

**National Toll-Free Quitlines**

- **Great Start (pregnant smokers)**
  - 1-866-66 START
  - 1-866-667-8278
- **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.

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](http://www.sentara.com/tobaccocessation).