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## Tobacco-*Free*-Living Resources for Bucks County Residents

### TOLL-FREE PHONE RESOURCES

#### Pennsylvania *Free* Quitline

*1-800-Quit Now* | *1-800-784-8669* | *TTY 1-800-332-8615*

A partnership between the Pennsylvania Department of Health, the American Cancer Society, and the National Quit Line. Up to six phone-based counseling sessions.

#### Great Start

*1-866-667-8218*

American Legacy's *Free* Quitline for pregnant women.

### WEB RESOURCES

#### Smokefree.gov

<http://smokefree.gov/>

A *free* site that allows you to choose the help that best fits your needs including: online, step-by-step cessation guide; local, state, and national quit lines; NCI instant messaging service, and publications.

#### Freedom from Smoking® Online

<http://www.lungusa.org/>

American Lung Association's *free* online smoking cessation program. Click on "Quit Smoking" and then click on "FFS Online Program."

#### iQuit

<https://www.iquit.medschool.ucsf.edu/>

A *free* quit site for Lesbian, Gay, Bisexual and Transgender (LGBT) smokers.

#### Determined to Quit

<http://www.determinedtoquit.com/>

A *free* quit site where you can share other Pennsylvanians' personal stories about quitting and get the support you need.

#### QuitNet

<http://quitnet.com/>

A *free* Internet-based service designed to help individuals living or working in Bucks County through the quitting process. When logging in, please use a Bucks County zip code.

## FREE INDIVIDUAL TOBACCO-USE TREATMENT SERVICES

### **Mothers Overcoming Mood-altering Substances (MOMS)**

**1-800-221-6333**

A program of the Bucks County Council on Alcoholism and Drug Dependence, Inc. targeting pregnant and recently pregnant women.

### **The Warm Chicken Quit Smoking Program**

**215-957-7981 x111**

Counseling services provided at all five Planned Parenthood Clinics. These services are open to men and women of all ages, they do not need to be a clinic patient.

## GROUP CLASSES

### **Stop Smoking...Now!**

**215-710-2264**

Five-session, four week program abbreviated from Freedom from Smoking. Fee: \$35 per person or \$60 for two persons from same household. Scholarships are available through the Bucks County Health Improvement Partnership.

St. Luke's Quakertown Hospital: 215-538-4550

Grand View Hospital: 215-453-9676

Doylestown Hospital: 215-345-2121

St. Mary Medical Center: 215-710-2522

Frankford Hospital-Bucks County: 1-800-Jeff Now

Lower Bucks Hospital: 215-710-2264

### **Tobacco Awareness Program (TAP) at justCommunity, Inc.**

**215-538-4796**

Community Intervention's researched-based program for teens who want to quit using tobacco.

### **Tobacco Education Group (TEG) at justCommunity, Inc.**

**215-538-4796**

Community Intervention's researched-based program for intervening with teen tobacco users. This program is for teens who do not necessarily want to stop using tobacco.

## 12-STEP SELF HELP

### **Nicotine Anonymous**

*<http://nicotine-anonymous.org/>*

Nicotine Anonymous is a Non-Profit, 12-Step Fellowship of men and women helping each other live nicotine-free lives. Nicotine Anonymous welcomes all those seeking freedom from nicotine addiction, including those using cessation programs and nicotine withdrawal aids. The program meets Sundays at 7pm at the Bucks County Office Center, Suite D-6, 1286 Veterans Highway, Bristol, PA. and Thursdays at 6:30pm at Bailiwick Office Campus, Unit 5, 252 W. Swamp Rd., Doylestown, PA.



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