

Allegheny County

Lawrenceville Family Health Center provides cessation counseling. (412) 622-7343, ext. 314

- * **Mercy Behavioral Health** provides tobacco cessation services for pregnant/post-partum women, mental health patients, employees of Mercy Behavioral Health and community members. (412) 320-2399

St. Clair Hospital provides cessation services for inpatients requesting help with quitting and community outreach cessation classes. (412) 942-2008

UPMC provides cessation services at McKeesport, South-side, and Passavant hospitals. 1-800-533-8762

Armstrong County

- * **Armstrong Indiana Intermediate Unit 28** provides Not-On-Tobacco (N-O-T) teen cessation program in the schools. (724) 453-5300
- * **ARC Manor** provides Smoke Free for Life group and individualized counseling. Offers worksite tobacco-free education and/or tobacco cessation programs, and assistance with tobacco policy development. Also assists in the development of school cessation programs. All services are free. (724) 548-7607 www.arcmanor.org

Beaver County

- * **Heritage Valley Health System** provides tobacco cessation programming for all pregnant women who have certain risk factors that could lead to the birth of a premature baby through its Pregnancy Health Services. 1 (866) 328-8389, ext. 3 www.heritagevalley.org
- * **Community Health Challenge of Southwestern PA** provides Not-On-Tobacco (N-O-T) teen cessation program. (724) 283-9955
- * **The Prevention Network** provides information regarding cessation providers in Beaver County. (724) 869-2222

Butler County

- * **Community Health Challenge of Southwestern PA** provides multiple free adult and teen cessation services, including SmokeStoppers®, Freedom From Smoking, Smoke Free for Life, and Not-On-Tobacco (N-O-T) teen cessation program. (724) 283-9955

Cambria County

- * **Conemaugh Health System** provides adult cessation programming with group and individual support through No Butts About It, (814) 534-1990
- * **Family Resource Initiative** provides Not-On-Tobacco (N-O-T), a teen cessation program. (814) 536-1555

Fayette County

- * **Fayette County Drug & Alcohol Commission** provides free adult cessation programs for individuals or groups at worksites. Free nicotine replacement therapy available as funding permits. Teen cessation programs (N-O-T and END) also are provided. (724) 438-3576

Greene County

- * **Greene County Tobacco Control Program** provides the Bee Free Program, featuring SmokeStoppers®, a free adult cessation program offered either in group cessation classes or individual telephone-based sessions. Nicotine replacement therapy available. Presents Not-On-Tobacco (N-O-T) teen cessation program to Greene County school districts. (724) 852-5276 or 1 (888) 317-7106 www.beetobaccofree.org

Indiana County

- * **Armstrong Indiana Intermediate Unit 28** provides Not-On-Tobacco (N-O-T) teen cessation program in schools. (724) 453-5300
- * **The Open Door** provides the Breathe Easy group cessation program and individualized counseling. Offers worksite tobacco-free education and/or tobacco cessation programs, and assistance with tobacco policy development. Also assists in the development of school cessation programs. All services are free. (724) 465-2605 www.theopendoor.org

Gatti Pharmacy provides a fee-based six week smoking cessation group program. (724) 349-4200

Somerset County

- * **Somerset Hospital** provides free adult cessation through group and individual support, as well as tobacco cessation medication for those who qualify. Call Community Connection for more information. (814) 443-5196 or (814) 443-5000 www.stopsmokingsomerset.org

Washington County

- * **Monongahela Valley Hospital** provides SmokeStoppers® adult cessation programming, including group and individual support. (724) 258-1000 or (724) 258-1321

The Washington Hospital provides the Stay Quit Tobacco Cessation Program, which runs for six weeks with a one-hour educational session each week. (724) 250-6365

Westmoreland County

- * **Excelsa Health-Latrobe, Frick and Westmoreland Hospitals** provides Quit Smart!, a free, seven-week adult group cessation program in various locations. Also provides a monthly telephone support group for former smokers. (724) 537-1615 www.excelahealth.org

Monongahela Valley Hospital provides SmokeStoppers® adult cessation programming, including group and individual support. (724) 258-1318

- * **Saint Vincent College Prevention Projects** offers Not-On-Tobacco (N-O-T), a teen cessation program, and Freedom From Smoking, an adult program, free to Westmoreland County school districts. Offers cessation group counseling for college students. (724) 805-2050
- * **Southwestern PA Human Services Behavioral Health** provides SmokeStoppers®, a free adult cessation program for clients participating in outpatient mental health and outpatient substance abuse services. (724) 832-5880, ext. 2
- * **Penn State Extension** provides free How to Quit classes for adults. Offers group or individual counseling sessions in person or over the telephone and onsite programs for businesses. Offers up-to-date list of all classes in county. 1 (888) 664-2248 www.westmorelandtobaccofree.org

* **Program funded by Tobacco Master Settlement Agreement funds**

Regional, Telephone and Online Resources

American Respiratory Alliance of Western PA provides Smokeless Saturday, a teen education and cessation program in Allegheny, Armstrong, Beaver, Butler, Cambria, Fayette, Greene, Somerset, Washington, and Westmoreland Counties. Contact Ms. MaryAnn Valasek at 1 (800) 220-1990 www.healthylungs.org



1-800-QUIT NOW—Pennsylvanians 14 years of age or older who smoke or use chewing tobacco can call 1-800-QUIT NOW (1-800-784-8669) to receive the helping hand they may need to end their life-threatening addiction to tobacco. The toll-free hotline provides service 24 hours a day, 7 days a week.



DeterminedToQuit.com—is an online community that gives smokers tools to update and monitor their quit attempts; schedule messages to be delivered automatically to their cell phones to fend off potential lapses; and receive messages of encouragement from loved ones.

American Lung Association—www.lungusa.org

www.chewfree.com

MyLastDip Web Program—www.MyLastDip.com presents information about the risks of smokeless tobacco use, provides research-proven, practical methods for quitting, and allows participants to set their own pace.

QuitNet—www.quitnet.com

www.smokefree.gov

UPMC HealthyLifestyles—www.upmc.com Click on Health A-Z, then Patient Information Materials, then Smoking.

Information current as of 12/1/10. For the most up-to-date listing, visit www.tobaccofreeswpa.org.

County Contacts

Allegheny County

Tobacco Free Allegheny
(412) 322-8321

Armstrong County

Armstrong/Indiana Drug and Alcohol Commission
(724) 354-2746

Beaver County

The Prevention Network
(724) 869-2222

Butler County

Butler County MH/MR/D&A Programs
(724) 284-5114

Cambria County

Alternative Community Resource Program
(814) 536-1555

Fayette County

Fayette County Drug and Alcohol Commission
(724) 438-3576

Greene County

Greene County Human Services
(724) 852-5276

Indiana County

Armstrong/Indiana Drug and Alcohol Commission
(724) 354-2746

Somerset County

Somerset Health Services
(814) 444-1673

Washington County

Washington County Health Partners
(724) 222-6511

Westmoreland County

Westmoreland Drug and Alcohol Commission
(724) 684-9000, ext. 4351

*A program of Tobacco Free SWPA, funded by the
PA Department of Health.*

Providing tools to help **YOU** quit tobacco



Southwestern PA

Tobacco Cessation Resource Guide



c/o Washington County Health Partners, Inc.
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