



## TOBACCO CESSATION EDUCATIONAL RESOURCES

*Tampa Bay*

*The Florida Tobacco Quit-For-Life Line offers free, confidential, comprehensive telephone counseling to help you quit smoking or chewing tobacco.*



**1 877 U CAN-NOW !! (1 877 822-6669)**

### *Available Programs*



#### **HOSPITAL**

<b>H. Lee Moffitt Cancer Center and Research Institute</b> <b>(813) 745-1751</b> <i>FreshBreak</i> Tobacco Research and Intervention Program	<b>James A Haley Veteran's Hospital</b> <b>(813) 972-2000</b> <i>FreshStart</i> American Cancer Society
<b>St. Joseph's Hospital</b> <b>(813) 870-4747</b> <i>Freedom From Smoking</i> American Lung Association	<b>University Community Hospital</b> <b>(813) 615-7300</b> <i>Freedom From Smoking</i> American Lung Association



#### **COMMUNITY**

<b>Hillsborough County Health Department</b> <b>(813) 305-8015 x 6602</b> <i>FreshStart</i> American Cancer Society Offered through Steps to a Healthier Hillsborough <b>Free</b>	<b>Hillsborough County Anti-Drug Alliance</b> <b>(813) 367-5536</b> <i>FreshStart</i> American Cancer Society <i>TAP</i> (Youth Tobacco Awareness Program) <b>Free</b> <i>SWAT</i> (Students Working Against Tobacco) <b>Free</b> <i>Youth Tobacco Offender Class</i> (Court Ordered) Offered through Steps to a Healthier Hillsborough <i>Adult/Youth Cessation Facilitator Training</i> <i>Tobacco Free Partnership</i>
<b>AHEC Area Health Education Centers</b> <b>(813) 929-1000</b> Tobacco Cessation Specialists at Community Health Centers <b>Free</b>	
<b>American Lung Association</b> <b>1 (800) LUNG USA</b> <i>Freedom From Smoking</i> American Lung Association	<b>USF HEALTH University of South Florida</b> <b>(813) 974-5377</b> <i>Freedom From Smoking</i> American Lung Association

