

Word for the Day

Cessation - ces-sa-tion (se-sA-shun)

1.a. to bring an activity or action to an end: **Discontinue, Quit**

1.b. to cause to cease: **Stop**

Websites for online cessation and support.

www.quitnet.com

www.gottaquit.com

www.lungusa.org/ffs

www.smokefree.gov

www.quitsmokingsupport.com

If you are interested in becoming a partner in the Tobacco-Free Coalition, please contact:

Carolyn Smith

Tobacco Prevention Coordinator
Pinellas County Health Department
205 Dr. Martin Luther King St., N.
St. Petersburg, FL 33701
(727) 824-6947

DISCLAIMER

The Tobacco-Free Coalition of Pinellas County does not endorse any tobacco cessation program. This list is offered only as public information regarding resources which are currently available in this area.

Congratulations!
You have decided
to stop smoking!

Toll Free Quit Lines

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

Florida Quit-For-Life Line provides free smoking cessation counseling by phone.

1-800-4CANCER (1-800-422-6237)

National Cancer Institute provides free smoking cessation counseling by phone.

1-866-66-START (1-866-667-8278)

Great Start, a national campaign to reduce smoking during pregnancy, provides free confidential telephone counseling sessions, 24 hours a day/seven days a week.

Free Stop Smoking Classes

American Lung Association

(727) 347-6133

Offers Freedom from Smoking Clinics and support groups funded by

STEPS to a HealthierFL-Pinellas County.

Pinellas County Health Department

(727) 820-4114

Project Strong Heart

Offers community and worksite cessation classes.

The following organizations are available to help you...

...fees vary according to program.

These hospitals sponsor the Wellness Seminar for smoking cessation on a regular basis. This one-session program combines hypnosis with behavior modification.

Please call 1-800-848-2822 for more information or registration.

- **Bayfront Medical Center**
701 Sixth St., South, St. Petersburg, FL
- **Helen Ellis Memorial Hospital**
1395 Alt. US 19, Tarpon Springs, FL
- **Largo Medical Center**
201 14th Street, Largo, FL
- **Sun Coast Hospital**
2025 Indian Rock Rd, auditorium, 2nd floor, Largo, FL
- **Bay Pines VA Medical Center**
The Stop Smoking Clinic -
10000 Bay Pines Blvd, Bay Pines, FL.
This program is available to veterans only, upon medical referral. Please call (727) 398-6661 ext. 4922 for more information.
- **Moffitt Cancer Center**
Fresh Break Tobacco Research and Intervention Program, 4115 E. Fowler Ave., Tampa, FL. Please call (813) 632-1751 for more information.
- **St. Petersburg General Hospital**
Gilmore Clinic - 6500 38th Ave., N.
Please call (727) 381-7867 for more information.