

Tobacco Cessation Directory
**Tennessee Department of Health Tobacco Use
Prevention & Control Program**



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Purpose of This Directory

This directory provides a list of tobacco cessation resources offered in Tennessee for smokers, health care providers, and friends or family members of tobacco users. It includes a wide range of options for people attempting to quit tobacco, including cessation classes, support groups, hypnosis, acupuncture, and internet resources at the local, state, and national level. Resources in this directory are not endorsed by the Tennessee Department of Health. Techniques that may work for one person may not work for another. Please consult your doctor to determine the method best for you.

If you have any questions, suggestions, or knowledge of new programs not in this directory, please call your local health department and speak to a Tobacco Use Prevention and Control Program Coordinator.



Tennessee Tobacco QuitLine
Telephone help and referral for quitting tobacco

Tennessee Tobacco QuitLine 1-800-QUIT-NOW

(1-800-784-8669)

Text "QUIT" to 615-795-0600

<http://www.tn.gov/health/health-program-areas/fhw/tobacco.html>

The Tennessee Tobacco QuitLine is a free telephone-based, texting and web-based service that provides proactive counseling in English and Spanish to help tobacco users quit using tobacco and tobacco products.

The QuitLine serves Tennessee residents who are tobacco users in any stage of readiness to quit. The QuitLine offers information, counseling services, tailored materials, and referrals. A hearing-impaired line, 1-800-969-1393, is available to provide services as needed. Live call center response is provided Monday through Friday, 10:00am - 8:00pm CST, Saturday, and Sunday 10:00am-4:00pm CST. Recorded information and voicemail are available when the call center is closed. For more information regarding the Tennessee Tobacco QuitLine,

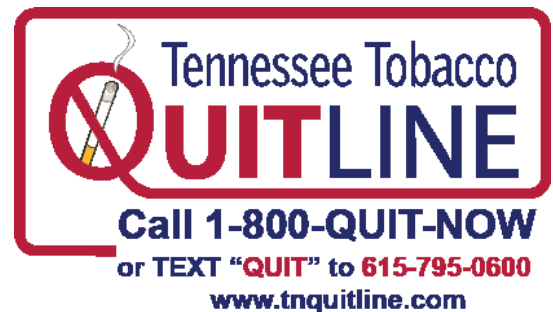
visit <http://www.tn.gov/health/health-program-areas/fhw/tobacco.html>.

The Tennessee Tobacco QuitLine also offers a unique clinical support service for health care providers interested in supporting their patients to quit smoking.

Through the Tennessee Tobacco QuitLine's Fax Referral Service, health care providers can refer their patients to the free, telephone-based cessation program by following these simple steps:

1. Ask the patient about his/her tobacco use.
2. Advise the patient to quit.
3. Assess the patient's readiness to quit.
4. If the patient is ready to quit, prescribe nicotine replacement pharmacotherapy, and complete the Tennessee Tobacco QuitLine fax referral form.
5. Fax the referral form to the Tennessee Tobacco QuitLine's fax referral service at 1-800-692-9023 or email to referrals@iqhquitline.com.

Referral forms can be downloaded from http://tn.gov/assets/entities/health/attachments/TNQuitLine_Fax_Referral_form.pdf or <http://www.tnquitline.org/for-providers>



Local Health Department Services

Talk with your medical health care provider about options for tobacco cessation treatment. If you do not have a primary care provider or lack health insurance coverage or coverage specifically for tobacco cessation treatment, then we encourage you to contact your local health department. Some local health departments offer free quit smoking aides. Counseling services and cessation products are provided for free to Tennesseans who are covered through TennCare patients.

For a listing of the county health departments in Tennessee, visit: <http://www.tn.gov/health/health-program-areas/localdepartments.html>

Local Resources – Northeast Region

Program:	Smoking Cessation and Tobacco	Program:	Hypnotherapy
Organization:	East Tennessee State University (ETSU) -Family Medicine Associates	Organization:	Tri-Cities Therapy and Counseling
Address:	917 West Walnut Street Johnson City, TN 37601	Contact:	Jody C. Johnston, M.A., NBCCH-PS, LPCMHSP
Phone:	423-439-6464	Address:	1907 N Roan St., Suite 404
Program Fees:	Sliding fee scale/insurance	Phone:	423-943-5550
Program Description:	Individually meet with those in need of tobacco cessation assistance. NRT may be prescribed. Follow-ups scheduled	Website:	www.tricityestherapy.com
Audience:	Patients and Employees Only	Program Fees:	Insurance/\$350 for 3, 1-hour sessions
Meeting Information:	Please call to register and to find out current dates and times.	Program Description:	Working with a wide variety of issues for individuals and couples, but not limited to the following: Weight Management, Smoking Cessation, Mental Health, Coping Mechanisms, Stress Relief, Insomnia, Headache Management, Coping with Anxiety and Phobias, etc.
		Meeting Information:	Call for information and to schedule an appointment

Program:	Appalachian Acupuncture	Program:	Tennessee Intervention for Pregnant Smokers (TIPS)
Organization:	New Paradigms Health Care	Organization:	Mountain City Extended Hours Health Center
Contact:	Bonnie Wallard, Office Manager	Address:	1901 South Shady Street Mountain City, TN 37683
Address:	113 E Unaja Avenue Johnson City, TN 37601	Phone:	423-727-1150
Phone:	423-928-9394	Program Fees:	Free
Program Fees:	\$40 per treatment	Program Description:	TIPS provides education, support, guidance, and referral information to help pregnant and early postpartum women quit smoking and stay smoke-free!
Program Description:	Clients are encouraged to receive treatment for 2 to 3 weeks for best results. Herbs recommended. Treatment with acupuncture and herbs are very individualized. Treatments depends on medical condition.	Meeting Information:	Call for additional information and to schedule an appointment.
Meeting Information:	Call for more information.		
Program:	Tennessee Intervention for Pregnant Smokers (TIPS)	Program:	Tennessee Intervention for Pregnant Smokers (TIPS)
Organization:	East Tennessee State University (ETSU) OB/GYN	Organization:	Johnson City Community Health Center
Address:	325 North State of Franklin Road Johnson City, TN 37604	Address:	2151 Century Lane Johnson City, TN 37604
Phone:	423-439-7272	Phone:	423-926-2500
Program Fees:	Free	Program Fees:	Free
Program Description:	TIPS provides education, support, guidance, and referral information to help pregnant and early postpartum women quit smoking and stay smoke-free! Program has on-site TIPS Case Managers to work with pregnant patients.	Program Description:	Provides education, support, and guidance during regular office visits.
Meeting Information:	Call for more information		

Program:	Tennessee Intervention for Pregnant Smokers (TIPS)	Program:	Tennessee Intervention for Pregnant Smokers (TIPS)
Organization:	Johnson City OB/GYN	Organization:	ETSU Family Medicine Associates
Address:	408 North State of Franklin Road, Suite 11, Johnson City, TN 37604	Address:	917 West Walnut Street, Johnson City, TN 37604
Phone:	423-928-3266	Phone:	423-439-6464
Program Fees:	Free	Program Fees:	Free
Program Description:	TIPS provides education, support, guidance, and referral information to help pregnant and early postpartum women quit smoking and stay smoke-free! Program has on-site TIPS Case Managers to work with pregnant patients.	Program Description:	TIPS provides education, support, guidance, and referral information to help pregnant and early postpartum women quit smoking and stay smoke-free! Program has on-site TIPS Case Managers to work with pregnant patients.
Meeting Information:	Call for more information	Meeting Information:	Call for more information
Program:	Student Smoking Cessation Classes and Counseling	Program:	Beat the Pack
Organization:	East Tennessee State University (ETSU) Health Clinic	Address:	2101 Fort Henry Drive Kingsport, TN 37664
Address:	160 Roy S. Nicks Hall Johnson City, TN 37614	Phone:	423-857-7981
Phone:	423-439-4225	Program Fees:	Based on Insurance
Program Fees:	Classes and counseling are offered on a sliding fee scale/ free in some cases. Classes and services are for enrolled students at ETSU and staff through the employee insurance benefit plan.	Program Description:	Smoking cessation services for ETSU staff and students
Program Description:	Program and classes support those ETSU students in need of assistance with cessation of tobacco use, smoking, and nicotine addiction.	Meeting Information:	Call for more information
Meeting Information:	Call for more information		

Local Resources – East Tennessee Region

Program: Tobacco Cessation	Program: Breathe Free: Tobacco Cessation (Campbell County)
Organization: Morgan County Medical Center (Morgan County)	Organization: Wilkens Medical Group
Contact: Megan Farmer	Contact: Kerri B. kerrib@wilkensmedicalgroup.com
Address: P.O. Box 408 Wartburg, TN 37887	Address: P.O. Box 447 Jellico, TN 37762
Phone: 423-346-6221	Phone: 423-784-4170
Program Fees: Free	Program Description: This user-friendly, research-based program gives support through all three stages of smoking cessation: preparation, breaking free and maintenance. It is designed to develop a vision of personal choice, individual responsibility, freedom to act and power to escape addiction.
Program Description: Tobacco Cessation	
Program: Allies for Substance Abuse Prevention (Anderson County)	Program: Smoking Cessation (Knox County)
Address: 101 S. Main Street Clinton TN 37716	Contact: Scott Elder
Phone: 865-457-3007	Address: 1920 Cherokee Trail, Knoxville, TN 37920
	Phone: 865-305-6970
Program: Tobacco Cessation Blount	Program: STAND Drug Coalition (Scott County)
Organization: Memorial Hospital (Blount County)	Contact: Trent Coffey - Executive Director
Address: 907 East Lamar Alexander Hwy. Maryville, TN 37804	Phone: 423-286-9925
Phone: 865-984-4223	Program Description: Tobacco Prevention

Program:	Smoking Cessation	Program:	Tobacco Cessation
Organization:	Community Health of East Tennessee (Campbell County)	Organization:	Cherokee Health Systems (Union County)
Contact:	Lisa Boshers lboshers@chetn.org	Contact:	Robert Mindrup Robert.Mindrup@cherokeehealth.com
Address:	130 Independence Lane LaFollette, TN 37766	Address:	4330 Maynardville Highway Maynardville, TN 37807
Phone:	423-562-1705 x1055	Phone:	865-992-3849 865-992-6150 (fax)
Program Fees:	Fees vary upon insurance coverage. A sliding fee discount is available for uninsured/underinsured.	Program Fees:	Call for information
Program Description:	Smoking Cessation Program Services	Program Description:	Call for information
Program:	Tobacco Cessation LaFollette	Program:	Acupuncture (Hamblen County)
Organization:	Medical Center Tennova (Campbell County)	Organization:	NCCAOM Board Certified
Address:	2500 Jacksboro Pike Jacksboro TN 37766	Contact:	Serina M. Scott, Lac, Dipl., Ac. acupuncture@charter.net
Contact:	Shauna Weaver	Address:	400 East Economy Drive Morristown, TN 37814
Phone:	423-439-4225	Phone:	423-736-2089
		Program Fees:	\$65.00 per session. 1 to 4 sessions may be necessary.

Local Resources – Upper Cumberland Region

Program:	Quit 4 Life Smoking Cessation Support Group
Organization:	Cookeville Regional Medical Center – Algood Room in Cafeteria
Contact:	Randy Todd
Address:	142 West 5th Street Cookeville, TN 38501
Phone:	931-261-4305
Program Fees:	Free
Program Description:	Follows the American Lung Association’s Freedom from Smoking Curriculum. Facilitators of the program are all experienced ex-smokers.
Duration:	On-going. Individuals may begin any time and attend if they wish. Call for more information.

Local Resources – Mid-Cumberland Region

Program:	Stop Smoking Hypnosis	Program:	Smoking Cessation
Organization:	Murfreesboro Hypnosis Center	Organization:	Middle Tennessee Medical Center (MTMC) – Wellness Center
Contact:	Benjamin D. DeFoor CH	Contact:	Rose Ann Mosey
Address:	319 W. McKnight Dr. Suite 8 Murfreesboro, TN 37129	Address:	611 East Bell Street Murfreesboro, TN 37130
Phone:	615-545-6363	Phone:	615-896-0290 615-896-1610 (fax)
Program Fees:	\$120.00 - Per Session \$320.00 - Three Sessions \$400.00 - Four Sessions \$480.00 - Five Sessions Future sessions after the initial sessions are offered at a reduced price.	Program Fees:	\$25 for one-and-a-half-hour session
Program Description:	Stop Smoking in three sessions. Call for more information.	Program Description:	MTMC provides a one and a half hour session with a trained staff member to introduce materials for smoking cessation. The session includes watching two DVD's (Getting Ready to Quit and Staying Quit), print materials, nutrition information to prevent weight gain and information on stress. Sessions are provided by appointment only.
Program:	Smoking Cessation Classes	Program:	Freedom from Smoking
Organization:	Middle Tennessee State University – Student Services	Organization:	Williamson Medical Center
Contact:	Lisa Thomason Schrader	Address:	4321 Carothers Parkway Franklin, TN 37067
Address:	1301 East Main Street Murfreesboro, TN 37132	Phone:	615-791-CARE
Phone:	615-494-8704	Program Fees:	\$75.00 for 8-week series
Program Description:	For individuals who desire more direct coaching, smoking cessation classes are available through Health Promotion. The class requires four sessions with a health educator or trained student facilitator.	Program Description:	This 8-week course utilizes the American Lung Association's Freedom from Smoking program, providing support and individualized attention for people who want to quit smoking. Upon completion of the course, participant receives \$50.00 refund. Otherwise, the \$50.00 is donated to the American Lung Association. All class sessions meet Tuesday evening in Meeting Room B except for the fifth session. The fifth session will meet Thursday evening in classroom G-3. Call 24/7 for information regarding this program.

Program:	Personal Quit Kits
Organization:	Middle Tennessee State University (MTSU) – Student Services
Contact:	Lisa Thomason Schrader
Address:	1301 East Main Street Murfreesboro, TN 37132
Phone:	615-494-8704
Program Fees:	Free to MTSU students, faculty, and staff
Program Description:	Health Promotion produces take home kits with information and materials to help a person quit smoking. The kits are available in the Health Promotion office (REC 1106).

Local Resources – Southeast Region

Program:	STOP Program (Stop Tobacco and Other Products)	Program:	Breathe Free Plan to Stop Smoking
Organization:	Tennova Health Care of Cleveland	Organization:	Seventh-Day Adventist Community Services, Dunlap, TN 37327
Contact:	John Smeltzer - Director	Contact:	Charles Cleveland, MPH
Address:	2305 Chambliss Ave., N.W. Cleveland, TN 37311	Address:	611 East Bell Street Murfreesboro, TN 37130
Phone:	423-559-6177 Smoking Cessation Line 423-559-6765	Phone:	423-290-3737
Program Fees:	Free	Program Description:	Call for more information

Local Resources – Southcentral Region

Program:	Nicotine Cessation Class
Organization:	Maury Regional Hospital
Contact:	Patrick Harlan
Address:	1224 Trotwood Avenue Columbia, TN 38401
Phone:	931-380-4031
Program Fees:	Free
Program Description:	Classes held the first 4 Tuesdays of January. Time is 6:00 p.m. – 7:30 p.m. Call for a schedule. Classes may be held in all Maury Regional Sites (Maury, Marshall, Wayne, Giles, Lawrence, and Lewis). Call for more information

Local Resources – West Tennessee Region

Program: Quit Assist	Program: Smoking Cessation
Organization: Montgomery Family Health Center	Organization: (Hardin, Wayne and McNairy) LifeSpan Health
Contact: Charlotte Montgomery	Contact: Angela Richardson
Address: 727 South Main Street Middleton, TN 38052	Address: 765 Florence Road Savannah, TN 38372
Phone: 731-376-2804	Phone: 731-925-2300
Program Fees: Call for information	Program Fees: Insurance accepted, sliding scale fee is available for those who qualify. Attending all 8 sessions receives \$25.00 back on last day of class. Discounts are available.
Program Description: One-to-one counseling.	Program Description: Provide individual smoking cessation services through their medical and behavioral health providers located at their Florence Road location in Savannah.

Program: Commit to Quit	Organization: Center Cardiac Rehabilitation
Organization: Health Quest	Audience: Patients and participants in or who have completed one of the Chronic Disease Management workshop series
Contact: Lorraine Gossett	Program Description: Group clinic is 8 sessions and features a step-by-step plan for quitting smoking. Each session is designed to help smokers gain control over their behavior. The clinic format encourages participants to work on the process and problems of quitting both individually and as part of a group. Each participant receives a workbook and additional educational materials.
Address: 709 Reelfoot Avenue -Baptist Memorial Hospital Union City, TN 38261	Program: Freedom from Smoking (Henry County)
Phone: 731-884-0110	Organization: Henry County Medical Center
Program Fees: \$20	Contact: Amy Odom, Angie Dotson, Tina Umstead
Program Description: "Commit to Quit" consists of four one-hour sessions. Classes begin with studying your smoking habit and developing a "plan" to quit. Classes will examine individual smoking triggers and habits and will guide participants through the smoking cessation process using behavior modification and group support.	Phone: 731-644-3463
	Website: www.hcmc-tn.org
	Program Fees: \$50.00/person. Anyone

Local Resources – Metropolitan Knox County

Program:	Smoking Cessation Classes (Freedom from Smoking)	Program:	Smoking Cessation Classes (Freedom From Smoking)
Organization:	University of Tennessee Medical Center	Organization:	Covenant Health
Contact:	Charlotte Montgomery	Address:	Methodist Medical Center Cardiopulmonary Rehab Classroom Westmall Medical Park 200 New York Avenue, Suite 360 Oak Ridge, TN
Phone:	865-305-6970	Phone:	8565-835-4662 or 800-468-6767
Program Fees:	Please call for details.	Program Fees:	Please call for details.
Program Description:	UT Medical Center holds smoking cessation classes using the Freedom from Smoking curriculum. Please call for more information or to register for a class.	Program Description:	Methodist Medical Center holds smoking cessation classes using the Freedom from Smoking curriculum. Please call for more information or to register for a class

Local Resources – Metropolitan Hamilton County

Program:	Free Tobacco Cessation Classes	Program:	Free Tobacco Cessation Classes
Organization:	Memorial Hospital Cancer Resource Center	Organization:	Southside Community Health Center
Phone:	423-495-7778	Phone:	423-778-2700
Program Fees:	No fee	Program Fees:	No fee
Program Description:	Classes are 12-1:30 pm on Wednesdays and include lunch. Please call for next start date, to register, and for more information.	Program Description:	Mondays from 3-4 pm.
Program:	Free Tobacco Cessation Classes	Program:	Free Individual Cessation Counseling
Organization:	Dodson Avenue Community Health Center	Organization:	Dodson Avenue Community Health Center
Phone:	423-778-2800	Phone:	423-778-2800
Program Fees:	No fee	Program Fees:	No fee
Program Description:	Call for an appointment.	Program Description:	Call for an appointment.

Local Resources – Metropolitan Davidson County

Program:	Tennessee Tobacco Quitline	Program:	SmokeFreeVET
Phone:	1-800-QUIT-NOW (1-800-784-8669)	Organization:	VA Medical Center- Memphis
Website:	www.tnquitline.com	Address:	1030 Jefferson Ave Memphis, TN 38127
Program Fees:	Call for fees.	Phone:	Text VET to 47848
Program Description:	Training program for employers who wish to start a smoking cessation program.	Program Fees:	Free to veterans.
		Program Description:	Daily text messages support veterans in quitting smoking. The program is 6-8 weeks.
Program:	Quit VET	Program:	Smoking Cessation Program
Organization:	VA Medical Center-Memphis	Organization:	VA Medical Center- South Clinic
Address:	1030 Jefferson Avenue Memphis, TN 38104	Address:	1056 Eat Raines Road Memphis, TN 38116
Phone:	855-QUIT-VET	Phone:	901-271-4900
Program Fees:	Free to veterans.	Program Fees:	Free to veterans.
Program Description:	Offers tobacco counseling to any veteran who receive healthcare through the VA. Quit Vet is staffed by trained counselors who will help during any phase of quitting.	Program Description:	Offers one-on-one counseling by doctor referral only. Patches, medication, and hypnosis are options. VETERANS ONLY.
Program:	Tobacco Cessation Resources		
Organization:	American Cancer Society 1378		
Address:	Union Avenue, Memphis, TN 38104		
Phone:	901-278-2000		
Website:	www.cancer.org		
Program Fees:	Free		
Program Description:	Provides information, self-help materials and referrals to community resources.		

Local Resources – Metropolitan Shelby County

Program: Train the Trainer	Program: American Lung Association's "Freedom from Smoking"
Organization: Concern EAP	Organization: Centennial Medical Center Summit Medical Center
Address: 2670 Union Extension, Suite 610 Memphis, TN 38112	Contact: Barbara Forbes
Phone: 901-458-4000	Address: Meets Tuesday 5:30
Program Description: Callers to the Quitline can receive a free tobacco quit kit, work with a free quit coach, and learn to deal with their cravings and challenges	Phone: 1-800-242-5662 or 615-342-1919
Program: Nicotine Anonymous (NICA)	Program Fees: \$50.00 fee (non-refundable)
Website: www.nicotine-anonymous.org	Program Description: Freedom From Smoking is a highly structured and comprehensive behavior modification approach to smoking cessation in a group support setting. The program is based on the premise smoking is a learned behavior. The seven-session format provides for tracking personal habits, developing coping strategies and practicing in a supportive environment with others who are experiencing the same feelings and challenges.
Email: info@nicotine-anonymous.org	
Program Description: A twelve-step program of recovery. Meetings take place in Nashville.	
Program: Information source for effects of smoking	Program: Baby and Me Tobacco Free™
Organization: American Heart Association	Organization: Shelby County Health Department
Address: 2170 Business Center Drive, Suite 1 Memphis, TN 38134	Address: 814 Jefferson Memphis, TN 38105
Phone: 901-383-5400	Phone: 901-222-9268
Website: www.heart.org	Program Fees: Free to Shelby County Residents
Program Fees: Free	Program Description: Baby and Me Tobacco Free™ for pregnant moms who have smoked or currently smoke and want to quit for their health and their baby's health.
Program Description: Provides information, self-help materials and referrals to community resources	

Program:	Freedom from Smoking	Program:	Quit for Life
Organization:	Shelby County Health Department	Organization:	American Cancer Society
Address:	814 Jefferson Memphis, TN 38105	Address:	1378 Union Avenue Memphis, TN 38104
Phone:	901-222-9274	Phone:	1-800-227-2345
Program Fees:	Free to Shelby County Residents	Website:	www.cancer.org
Program Description:	Freedom from Smoking class is an evidence-based smoking cessation curriculum from the American Lung Association. It focuses on behavior change and the positive effects of quitting. The goal of the program is for participants to be non-smokers by the end of the program. There are eight total sessions that run over the course of seven weeks.	Program Fees:	Free
		Program Description:	The Quit for Life Program brought to you by the American Cancer Society Sand Alere Wellbeing is a phone-based coaching and Web-based learning support service to help smokers quit. Participants are matched with a quit coach, who helps them develop a personalized quit plan, provides guidance in choosing medicines, and gives ongoing follow-up support.

Local Resources – Jackson-Madison County

Program:	Kick the Habit Tobacco Cessation Program
Organization:	The Lift Wellness Center Education Center
Email:	mandy.griggs@wth.org
Phone:	731-425-6956
Program Description:	Kick the Habit Tobacco Cessation Program, it is a 4-week course that provides motivation, education, and support to help you reach the goal of tobacco cessation.

Statewide Tobacco Cessation Resources

Program: Alcohol & Drug Abuse Services	Program: Smoking Cessation Classes (Freedom From Smoking)
Organization: Tennessee Association of Alcohol and Drug Abuse Services (TAADAS)	Organization: Covenant Health
Address: 1800 Church St., Suite 100 Nashville, TN 37203	Address: Methodist Medical Center Cardiopulmonary Rehab Classroom Westmall Medical Park 200 New York Avenue, Suite 360 Oak Ridge, TN
Phone: 615-780-5901	Phone: 8565-835-4662 or 800-468-6767
Email: taadas@taadas.org	Program Fees: Please call for details.
Program Fees: Call for information	Program Description: Methodist Medical Center holds smoking cessation classes using the Freedom from Smoking curriculum. Please call for more information or to register for a class
Program Description: Provides an array of publications and information which can be downloaded or ordered. Items available through the clearinghouse are available in single copy or limited quantities. Some of the items are available in an electronic format to print directly from a computer.	
Organization: American Lung Association of Tennessee	
Address: One Vantage Way, Suite C-250 Nashville, TN 37228	
Phone: 1-800-432-5864	
Contact: www.lungusa.org (click on Local ALA for Tennessee)	
Program Description: ALA has many tobaccos and smoking brochures which can be ordered free of charge or some require a small fee. Orders can be placed online and to home address.	

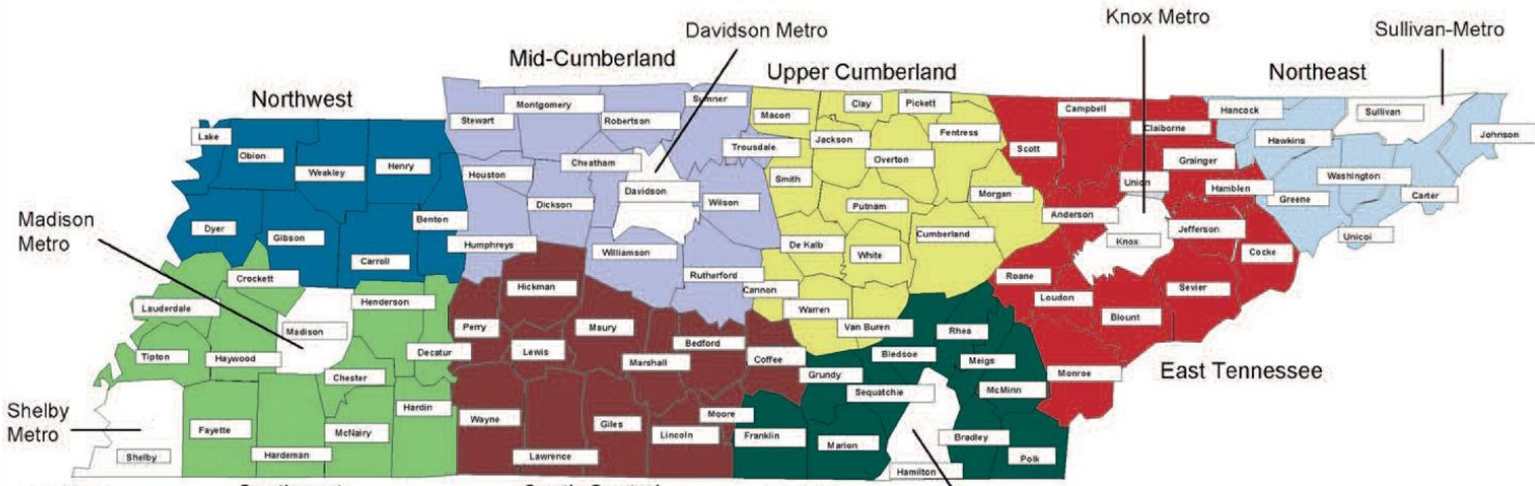
Program:	Tobacco Use Prevention and Control Program	Organization:	American Heart Association Southeast Affiliate
Organization:	Tennessee Department of Health	Address:	1818 Patterson St. Nashville, TN 37203
Address:	425 5th Avenue North Nashville, TN 37247	Phone:	615-340-4100 1-800-257-6941 1-800-AHA-USA1
Contact:	health.state.tn.us/ tobaccoquitline.htm and health.state.tn.us/smok efreetennessee/index.htm	Program Description:	Call national toll-free number for information and free brochures.
Phone:	615-741-0380		
Program Description:	Call for information		
Program:	State of Tennessee Employee Wellness Program	Program:	American Cancer Association
Organization:	Tennessee Department of Finance and Administration	Address:	2008 Charlotte Avenue Nashville, TN 37203
Address:	Tennessee State Capitol, Nashville, TN 37243-0285	Phone:	615-327-0991 1-800-ACS-2345 1-800-227-2345
Contact:	www.state.tn.us/finance/ins/wellness	Program Description:	Call national toll-free number for information and free brochures.
Phone:	615-532-3671 or 1-866-576-0029		
Program Description:	A worksite wellness program designed to improve state employee health and wellbeing by focusing on the mind and body to assist in improving the health of state employees.		

National Tobacco Cessation Resources

Program:	Quit Smoking	Program:	Office of Smoking and Health
Organization:	Agency for Healthcare Research and Quality, US- DHHS	Organization:	Centers for Disease Control and Prevention Tobacco Information and Prevention Source (TIPS)
Address:	540 Gaither Road, Rockville, MD 20850	Contact:	www.cdc.gov/tobacco
Contact:	www.ahrq.gov/consumer/index.html#smoking	Phone:	1-800-CDC-1311 (1-800-232-1311)
Phone:	1-800-358-9295	Organization:	American Heart Association
Program Description:	Provides materials on smoking cessation for health professionals and consumers. Mon-Fri; 8 a.m. to 5 p.m.	Contact:	www.americanheart.org
		Phone:	1-800-AHA-USA1 (1-800-242-8721)
Program:	Smoking Cessation	Program:	Guide to Quitting Smoking
Organization:	Office on Smoking and Health, Centers for Disease Control and Prevention	Organization:	American Cancer Society
Contact:	www.cdc.gov/tobacco	Contact:	www.cancer.org/ or http://www.cancer.org/docroot/PED/content/PED_10_13X_Guide_for_Quitting_Smoking.asp?from=fast
Address:	Mail Stop K-50 4770 Buford Highway, NE Atlanta, GA 30341-3724	Program Fees:	No fee.
Phone:	1-800-232-1311	Program Description:	An online planning guide to help smoker quit. Provides information on what a tobacco user needs to know to quit smoking and tips for family and friends to help a smoker quit.
Program Description:	Offers a wide variety of information concerning smoking cessation and cancer prevention. Call for information or referral to other resources. CDC offers a wide variety of resources, programs and materials that can.		
Organization:	American Cancer Society		
Contact:	http://www.cancer.org/		

Organization:	National Institute of Health	Program:	Quit Smoking
Contact:	www.Chewfree.com	Organization:	National Cancer Institute
Program Description:	An interactive online program for those who dip and chew tobacco.	Contact:	www.smokefree.gov
Organization:	American Lung Association	Phone:	1-800-QUIT-NOW or 1-877-44U-QUIT
Contact:	www.lungusa.org/	Program Fees:	No fee.
Phone:	1-800-LUNG-USA (1-800-586-4872)	Program Description:	Allows a person to choose the help that best fits their needs. Get immediate assistance in the form of: <ul style="list-style-type: none"> - an online step-by-step cessation guide - local and state telephone quitlines - NCI's national telephone quitline - NCI's instant message service - publications, which may be downloaded, printed or ordered.
Program:	Nicotine Anonymous	Program:	Committed Quitters Online Program
Organization:	Nicotine Anonymous	Organization:	GlaxoSmithKline
Contact:	www.nicotine-anonymous.org	Contact:	www.committedquitters.com
Program Fees:	No fee.	Program Fees:	No fee.
Program Description:	Welcomes all those seeking freedom from nicotine addiction, including those using cessation programs and nicotine withdrawal aids. The primary purpose of NA is to help all those who would like to cease using tobacco and nicotine products in any form. The fellowship offers group support and recovery using the 12 steps as adapted from Alcoholics Anonymous to achieve abstinence from nicotine.	Program Description:	Committed Quitters is a unique approach to quitting the smoking habit. It is a multi-week plan to help you quit smoking for good. Committed Quitters Online works because it's tailor-made to the individual. You're a person with abilities, talents, and needs that are different from everyone else. As a CQ member, you'll get materials that are different from everyone else's - because what you need to help you quit smoking is unique to you.
Program:	Freedom from Smoking Online Cessation Program		
Organization:	American Lung Association		
Contact:	www.lungusa.org		
Program Fees:	No fee.		
Program Description:	Freedom from Smoking Online is ALA's popular smoking cessation program now offered online. The American Lung Association website contains a wealth of information on topics such as the health effects of tobacco use, quitting self-help materials, data and statistics, etc.		

Tennessee Department of Health Regional Map



WEST TN

- Benton
- Carroll
- Chester
- Crockett
- Decatur
- Dyer
- Fayette
- Gibson
- Hardeman
- Hardin
- Haywood
- Henderson
- Henry
- Lake
- Lauderdale
- McNairy
- Obion
- Tipton
- Weakley

MID-CUMBERLAND

- Cheatham
- Dickson
- Houston
- Humphreys
- Montgomery
- Robertson
- Rutherford
- Stewart
- Sumner
- Trousdale
- Williamson
- Wilson

METROS

- Davidson
- Hamilton
- Knox
- Madison
- Shelby
- Sullivan

SOUTH CENTRAL

- Bedford
- Coffee
- Giles
- Hickman
- Lawrence
- Lewis
- Lincoln
- Marshall
- Maury
- Moore
- Perry
- Wayne

UPPER CUMBERLAND

- Cannon
- Clay
- Cumberland
- DeKalb
- Fentress
- Jackson
- Macon
- Overton
- Pickett
- Putnam
- Smith
- Van Buren
- Warren
- White

SOUTHEAST

- Bledsoe
- Bradley
- Franklin
- Grundy
- Marion
- McMinn
- Meigs
- Polk
- Rhea
- Sequatchie

EAST TN

- Anderson
- Blount
- Campbell
- Claiborne
- Coke
- Grainger
- Hamblen
- Loudon
- Monroe
- Morgan
- Roane
- Scott
- Sevier
- Union

NORTHEAST

- Carter
- Greene
- Hancock
- Hawkins
- Johnson
- Washington
- Unicoi



**For Further Information Contact:
Tennessee Department of Health Tobacco Use Prevention
and Control Program**



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