

The Best Place to Start

NYS Smokers' Quitline
(866) NY-QUITS (866-697-8487)
www.nysmokefree.com

Multi-lingual smoking cessation
phone counseling, information and
referrals

Voice or TTY:
Call NY Relay Service at 711

Free Nicotine Replacement Therapy
(patches, gum and lozenges) for
medically eligible NYS residents.

Smoking Cessation Classes on Long Island

Long Beach Medical Center FACTS
(516) 897-1250 Long Beach No Cost

Nassau County Department of Health
(516) 227-9424 Call for information No Cost

NS-LIJ Health System -
Center for Tobacco Control
(516) 466-1980, (866) 864-7658
www.northshorelij.com/stopsmoking Great Neck No Cost

St. Francis Hospital DeMatteis Center
(516) 938-0080 Old Brookville \$

Suffolk County Department of
Health Services
(631) 853-4017
www.suffolkcountyny.gov/health Multiple Locations No Cost

Winthrop-University Hospital
(516) 663-2579 Mineola \$

Additional Resources

American Lung Association
www.lungusa.org

Freedom From Smoking® Online
7 session smoking cessation program

Long Island Lesbian Cancer Institute
(888) LILCI-NY
www.outtoquit.com

LGBT specific literature

National Cancer Institute Quitline
(877) 44U-QUIT
www.smokefree.gov

Bilingual smoking cessation phone
counseling and literature

Nicotine Anonymous
(631) 665-0527
www.nicotine-anonymous.org

12-step support groups for
nicotine users

South Nassau Communities Hospital
(516) 377-5333

Hypnosis program

Suffolk County Perinatal Coalition
(631) 475-5400

Referrals for pregnant
and parenting women

Tobacco Action Coalition of Long Island



www.breathefreely.org

700 Veterans Memorial Highway

Hauppauge, NY 11788-2952

(631) 265-3848 x15

Fax: (631) 265-6127

you can
QUIT

we can
HELP



Tobacco Action Coalition
of Long Island

Visit breathefreely.org for more information and
dropthebutts.org for teen cessation.

if you haven't QUIT

You've probably wanted to quit smoking for years. You've probably even tried before. And you probably came down pretty hard on yourself when you couldn't stop.

We know it's not easy to quit smoking. But it's important that you know why it's so hard. Did you know...?

- Most smokers are chemically dependent on nicotine, which can be as addictive as cocaine and heroin.
- Over time a smoker's brain "demands" nicotine, and punishes him or her with withdrawal symptoms if not supplied.
- Quitting smoking is not as simple as changing a habit. It involves ridding the brain of an addictive drug.
- It typically takes several attempts before someone quits for good.

don't blame YOURSELF

See? It's not that you're "weak," or "lazy." The hold smoking has on you is powerful. But the benefits to quitting are even more powerful.

When you quit smoking ...

- Your lungs will begin to repair the damage they've suffered - even if you've been smoking for decades!
- You will breathe easier, become mentally stronger and reduce your risk of stroke, cancer & heart attacks.
- You will have more energy, your body will be able to fight off colds and flu and medications will work better.
- Your food will taste better, your sense of smell will improve, your teeth will be whiter and your clothes and breath will no longer smell of smoke.

we can HELP

When you decide to quit smoking, one of the most important things to keep in mind is this: you don't have to go it alone. You will have the support and encouragement of those around you. Your family will support you. Your friends and co-workers will support you. And there are groups that can help you quit.

In fact, this brochure includes a list of places you can turn to for help. You can also visit our website for updates on local cessation programs.

Remember, if you aren't able to quit this time, each time you attempt to quit smoking you increase your chances of eventually quitting for good.

You can quit. We can help.



**Tobacco Action Coalition
of Long Island**
www.breathefreely.org