DC Smoking Cessation Resources

Phone Support

DC Quit line (1-800-QUITNOW) Local resources for quitting smoking, to get a quit coach, lozenges, nicotine patches & quit coach support for all DC residents.

Lung HelpLine (1-800-LUNGUSA): Speak with registered nurses and respiratory therapists who are prepared to provide answers to your lung health questions, including smoking cessation help

Lung Helpline TTY [hearing impaired] (1-800-501-1068) Monday - Friday, 7am-9pm (Central time)

Mary's Center – Apoyo en espanol para dejar de fumar llama al Jose Majano (202) 420-7102 para educacion sobre como dejar de fumar y asistencia para obtener medicamento para dejar de fumar por su Medicaid, su seguro privado y otras recursos necesarios para una vida mas sana.

National Quitline 1-877-44U-QUIT General Questions & Answers - for smoking cessation

US Department of Veteran’s Affairs 1-866-459-8766 Military & their Families Smoking Quitline

Online Resources

***** Quitnet.com – web based resources & support FREE and high reputation *****

Quit smoking resources and education for members of the U.S. military and their families, sponsored by the Department of Defense. http://www.ucanquit2.org/

Freedom from Smoking Online: group clinic and online smoking cessation programs.

➢ Group clinic: http://www.lungusa.org/stop-smoking/how-to-quit/freedom-from-smoking/

Support Groups

Mautner Project - Smoking Cessation & Support Group - Ongoing smoking cessation programs & support groups are open to all LGBTQ and allied people. Registration is required via 202.332.5536 or email to dmagrini@mautner.org New group begins October 5th! Call now!

Providence Hospital Wellness Institute – contact Tiffany Jones 202.269.7618 tjones@provhosp.org

Washington Hospital Center – contact Brenda Hubbard 202.877.5527 Brenda.hubbard@medstar.net

DC Center –Smoking Cessation Support Group – coming soon 1318 U Street NW 202.682.2245

For more information and up-to-date resources, please visit http://www.gwumc.edu/gwci/youthtobacco