

Tobacco Cessation Quitline & Web Sites

American Cancer Society:
Call 1-800-ACS-2345 www.cancer.org

American Heart Assoc & American Stroke
Assoc. Call 1-800-AHA-USA-1 www.amhrt.org
& www.strokeassociation.org

CDC, office of smoking & health
www.cdc.gov/tobacco

National Cancer Institute
Cancer Information Service
Call 1-800-4-Cancer www.cancer.gov

Missouri Quitline:
Call 1-800-QUIT-NOW; free telephone
counseling. For a short time free nicotine
replacement therapy is available.
www.smokefree.gov

Quit Net: Information, interactive tools,
and support mechanisms for people
seeking to stop tobacco use.
www.quitnet.org

QuitSmokingSupport.com:
Find comprehensive smoking-cessation
information and resources.
www.quittingsmokingsupport.com

People Resources (Employee Assistance
Program) Call: 1-800-765-9124
www.worklifetools.com

HeliosHealth, How to quit smoking for
good! A complete guide to smoking
cessation www.helioshealth.com/quit_smoking

Nicotine Anonymous, St. Louis Branch.
(314) 832-9279 or 1-877-TRY-NICA
www.nicotine-anonymous.org

Smoking Cessation Leadership Center
<http://smokingcessationleadership.ucsf.edu/>

Tobacco-Free Missouri Partnering Organizations:

American Cancer Society
American Heart Association
American Lung Association
Area Schools
BJC Healthcare
Cardinal Glennon Children's Hospital
Classic 99 (KFUO-FM 99.1)
Committed Caring Faith Communities
Faith Beyond Walls
GlaxoSmithKline
Grace Hill Neighborhoods
Jefferson County Dept. of Health
Kindred Hospitals of St. Louis
KMOV-TV
KPLR-TV
KTRS-550 AM
Maternal Child & Family Health Coalition
Mercy Health Plan
Mission NOW
Missouri Army & Air National Guard
Missouri Dental Hygienists' Assoc.
Missouri Dept. of Health & Senior Services
Missouri Partnership on Smoking or Health
National Council on Alcoholism and Drug Abuse
Nu Voice Club of St. Louis
Pfizer, Inc.
Pierce Media, Inc
Saint Louis University, Cancer Center
Saint Louis University, School of Public Health
Siteman Cancer Center
SSM Health Care
St. Anthony's Medical Center
St. Louis Children's Hospital
St. Louis City Dept. of Health
St. Louis County Dept. of Health
St. Luke's Hospital
United Healthcare
Young Choices, Inc.



TOBACCO-FREE MISSOURI

Smoking Cessation Resources

May 2009



Tobacco-Free Missouri
3545 Lafayette Ave, Suite 366
St. Louis, MO 63104
Tel: 314-977-8104
www.tobaccofreemo.org

What is Tobacco-Free Missouri?

Tobacco-Free Missouri is dedicated to achieving a healthy, tobacco-free environment for the Greater St. Louis area. The coalition works collaboratively with concerned individuals and organizations to prevent tobacco use, promote tobacco cessation, and provide resources to the community.

Tobacco-Free Missouri is supported by a cooperative agreement between the Centers for Disease Control (CDC) and the Missouri Department of Health and Senior Services (DHSS).

Tobacco-Free Missouri encourages communities to strengthen tobacco control policies so that tobacco-free becomes the norm in Missouri by working to improve policies in schools, worksites, health care settings, and the community at large.

Tobacco-Free Missouri works with concerned Missourians to achieve a healthier, smoke-free environment for adults and children. As we come together to help prevent future generations of smokers, the relationships we form will remain a continued support for better health.



“Freedom from Smoking” is offered at the following locations:

American Lung Association : 7 week duration, fee applies (314)645-5505 and one-on-one telephone smoking cessation counseling: 1-800-548-8253. www.lungusa.org

BJC Cancer Information Center: (314) 362-7844

Christian Hospital: (314) 653-5697

Missouri Baptist Medical Center: 1-800-392-0936

St. Anthony’s Hospital: fee applies, (314) 525-4002 or (800) 554-9550.

St. Anthony’s Health Resource Center in Alton, IL, held at St. Clair Hospital. Free. Call: (618) 465-2264

St. John’s Mercy Medical Center, St. Louis and Washington, go to www.stjohnsmercy.org and look under Classes & Programs

St. Joseph’s Tobacco-Free for Life group meets every Wednesday from 7-9 p.m. at St. Joseph Medical Park, Education Room, 1475 Kisker Rd., For more info, Call Ellen Brennan at (636) 947-5009.

“ASHES” (Assistance and Self-Help to End Smoking), a comprehensive program that provides in-home coaching and other services for clients, patients, and neighbors of Grace Hill Neighborhood Health Centers, Inc. no fee, (314) 539-9574



tobaccofreemo.org

SLU Smoking Cessation Clinic runs a free seven session *Freedom from Smoking Class* offered by the SLU Cancer Center: (314) 268-7015

Smoking Cessation Resources:

“STOP: Smoke-Free Teens on purpose”, a smoking cessation program for youth. Eight 1-hour sessions with monthly follow-up sessions by BJC School Outreach and Youth Development. Call (314) 286-0431

“Hypnosis for Smoking Cessation” St. Luke’s Hospital offers a free group hypnosis session led by a licensed professional counselor: (314) 542-4848.

Auricular Therapy is offered at the following locations:

10028 Manchester Rd., by Dr. Kevin Gentemann, Call: (314) 909-6976

Easy Way: South County (314) 645-3744

Leslie-Cam Smoking Cessation Center, Chesterfield: (314) 878-7867

Neurology Associates, Brentwood main office, plus mobile van: (314) 725-2010

Smokeless Plus, 500 Cedar Plaza Pkwy., Suite 300 Call (314) 849-4700

The Tobacco Prevention Center of St. Louis University offers free one day trainings to learn how to facilitate smoking cessation classes. Trainings are offered several times a year. For more information, call (314) 977-8104.