



## Smoking Cessation Classes and Resources

Resources	Cost	Description	Contact Information
Quit for Life from <i>American Cancer Society (ACS)</i>	Free	Provides resources that can help you promote a smoke free life.	<b>Website:</b> <a href="https://www.quitnow.net/mve/quitnow">https://www.quitnow.net/mve/quitnow</a> <b>Phone:</b> 1-866-784-8454
Tobacco Cessation Program from <i>UT Health San Antonio</i>	Varies	Offers monthly, free information sessions about smoking cessation. Individual counseling is available by appointment, which may include a cost. Meetings are at the Medical Arts & Research Center on the 3 <sup>rd</sup> Tuesday of each month at 5pm.	<b>Website:</b> <a href="http://www.uthscsa.edu/patient-care/physicians/smoke-free">http://www.uthscsa.edu/patient-care/physicians/smoke-free</a> <b>Phone:</b> 210-450-9020 210-450-9100
Quitxt from <i>UT Health San Antonio</i>	Free	Provides free texting program that sends interactive text messages over 4 months to help you quit smoking. (18 and up)	<b>Website:</b> <a href="https://quitxt.org/">https://quitxt.org/</a> <b>Phone:</b> Text iquit6 to 844-332-2058
Yes Quit from <i>Texas Dept. of State Health Services</i>	Free	Offers phone and web based cessation tools including counseling sessions, support, and strategies. The program will also refer you to a physician on request.	<b>Website:</b> <a href="https://www.yesquit.org/about.htm">https://www.yesquit.org/about.htm</a> <b>Phone:</b> 1-877-YES-QUIT (1-877-937-7848)
Smoke Free Initiative from <i>National Cancer Institute (NCI)</i>	Free	A website with smoking cessation information specific to veterans, women, teens, seniors and Spanish speakers. Resources include texting programs, apps, quitting tips and 24/7 on demand help.	<b>Website:</b> <a href="https://smokefree.gov/">https://smokefree.gov/</a> <a href="https://veterans.smokefree.gov">https://veterans.smokefree.gov</a> <a href="https://women.smokefree.gov/">https://women.smokefree.gov/</a> <a href="https://teen.smokefree.gov/">https://teen.smokefree.gov/</a> <b>Phone:</b> 1-800-784-8669



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Stop Smoking for Good from <i>RediClinic</i>	\$109	RediClinics are located in Rite Aid Pharmacies and H-E-B grocery stores. Stop Smoking For Good office visits includes a physical, health history, and evaluation. The clinicians will help you create a plan and recommend medications that will work best for you.	<b>Website:</b> <a href="https://www.rediclinic.com/live-healthy/stop-smoking-for-good/">https://www.rediclinic.com/live-healthy/stop-smoking-for-good/</a> <b>Phone:</b> 1-855-BE REDI 8 (1-855-237-3348)
Tobacco Awareness Class from <i>Course for Tobacco</i>	\$25 - \$85 4 Hours – \$25 8 Hours – \$45 12 hrs – \$ 65 16 hrs – \$ 85	State-certified course. An online self-paced course that meets the national standards and is recognized by most courts and organizations.	<b>Website:</b> <a href="http://coursefortobacco.com/states/TX">http://coursefortobacco.com/states/TX</a> <b>Phone:</b> (407) 906-6254
Quitline from <i>South Texas Veterans Health Care Systems</i>	Free for Veterans	Veterans who receive health care through the VA can call the Quitline to speak with a counselor about quitting smoking. The Quitline is a nationwide service for Veterans available in English and Spanish. Monday- Friday Eastern Time: 9 am - 9 pm Central Time: 8 am - 8 pm	<b>Website:</b> <a href="https://www.southtexas.va.gov/features/QuitSmoking.asp">https://www.southtexas.va.gov/features/QuitSmoking.asp</a> <b>Phone:</b> 1-855-QUIT VET (1-855-784-8838)
Universities/ Colleges	Varies	Most campuses offer smoking cessation classes or services to currently enrolled students, faculties and staff.	Contact the campus health services