



Smoking Cessation Classes and Resources

Resources for Everyone:

Program or Organization	Cost	Description	Contact Information
Quit for Life – American Cancer Society	Free	Quit for Life helps you develop a quitting plan.	Web: https://www.quitnow.net/Program/ Phone: 1-866-784-8454
Tobacco Cessation Program - UT Health San Antonio	Free	UT Health San Antonio 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 rd Tuesday of each month at 5pm.	Web: http://www.uthscsa.edu/patient-care/physicians/smoke-free Phone for appointments: 210-450-9020
Quitxt—UT Health San Antonio	Free	Quitxt is a free texting program that sends interactive text messages over 4 months to help you quit smoking. (18 and up)	Web: https://quitxt.org/ Text “iquit” (or “lodejo” to join in Spanish) to 57682
Yes Quit – Texas Department of State Health Services	Free	Yes Quit offers phone and web based cessation tools including counseling sessions, support, and strategies. The program will also refer you to a physician on request.	Web: http://www.yesquit.org/about-the-program/ Phone: 1-877-YES-QUIT (1-877-937-7848)
Smoke Free Initiative – National Cancer Institute	Free	This web based program offers texting programs, apps, tools, and advice from experts to help you stop smoking.	Web: https://smokefree.gov/ Phone: 1-800-784-8669
RediClinic	\$89	Stop Smoking For Good 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.	Web: https://www.rediclinic.com/live-healthy/stop-smoking-for-good/ Phone: 1-855-BE REDI 8 (855-237-3348)



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State Certified Programs:

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Tobacco Awareness Class - Course for Tobacco	\$25 - \$85	Course for Tobacco provides web-based courses that meet national standards and are recognized by most courts and organizations.	Web: http://coursefortobacco.com/states/TX Phone: (407) 906-6254

Resources for Veterans:

Program and Organization	Cost	Description	Contact Information
Quitline by the South Texas Veterans Health Care Systems	Varies	If you are considering or have stopped smoking call the quitline to speak with a counselor about quitting smoking. You can choose to receive follow up calls and supportive text messages.	Web: https://www.southtexas.va.gov/features/QuitSmoking.asp Phone: 1-855-QUIT VET (1-855-784-8838)

Universities and colleges also frequently offer smoking cessation classes or tools free to staff, faculty, and students. If you attend or work for a university or college, contact health services to find out what services are available.