

# Referrals

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## Phone and Website Resources

### **Quit line – Center for Disease Control and Prevention**

Services for adults

Offers one-on-one immediate support or coaching with a smoking counselor over the phone. The staff are counselors who are trained to help smokers quit. They will provide you with helpful information, advice, and support.

Call: **1-800-QUIT-NOW** or **1-800-785-8669** or

Visit: [www.cdc.gov/quit](http://www.cdc.gov/quit)

### **211 - Helpline**

Services for those in times of crisis. Can range from needing assistance with a variety of issues ranging from basic needs such as food, shelter, and utility assistance to employment, disabilities, the elderly, and child care.

Call: **211** or

Visit: <https://www.helplinecenter.org/2-1-1-community-resources/what-is-211/>

### **National Suicide Prevention Lifeline**

Suicide Prevention for Anyone

Immediate aid for those in emotional distress or suicidal crisis. Staff are available 24/7 to support callers and provide advice. Entirely Confidential.

Call: **1-800-273-8255** or

Visit: <https://suicidepreventionlifeline.org/>

### **Tobacco Free Florida**

Will help users with setting up an official quit date and provides tips and tricks to stick with it!

They also provide information on the cost of smoking, withdraw symptoms, and others.

Call: **(850) 245-4144** or

Visit: <https://tobaccofreeflorida.com/>

## Community Organizations and Treatment Centers

### North East Florida (Alachua, Duval, Clay)

#### **Florida Department of Health Bureau of Tobacco Free Florida**

Address: 224 SE 24th Street Gainesville, FL 32641

Services for anyone looking to quit smoking. Branch location for the Tobacco Free Florida campaign.

Call: **(352) 334-7914**

Email: [Ryan.McGuire@flhealth.gov](mailto:Ryan.McGuire@flhealth.gov)

#### **Smoking Cessation Wellness Retreat**

Retreat for those looking to quit smoking in a group setting.

Call: (727) 230-2028

Visit: <https://www.smokingcessationretreat.com/retreat-locations.html>

### **UF Health**

Address: 1707 North Main Street, Gainesville, FL, 32609

Programs for smokers 18+ in which they offer free nicotine replacement therapy, Carbon Monoxide monitoring, and group counseling sessions.

Call: (352)-265-9569

### **Northwest Florida (Walton, Santa Rosa, Jackson, Liberty)**

#### **West Florida Area Health Education Center (AHEC)**

Many programs throughout the Northwest area of Florida that host smoking cessation Groups. Provide the nearest groups by entering your county.

Visit : <http://www.westfloridaahec.org/tobacco-programs/tobacco-cessation/>

#### **Florida State University College of Medicine**

Aid in finding smoking cessation groups for those throughout the northwest Florida area. Paired with the TobaccoFreeFlorida organization.

Visit: <http://www.ahectobacco.com/calendar/>

### **Central Florida (Osceola, Brevard, Citrus)**

#### **Orlando Health**

Address: Orlando, Florida

Orlando based smoking cessation free four-week program that provides both tools and Services. Pre-registration is required.

Call: (877) 252-6094

Visit: <https://www.orlandohealth.com/content-hub/smoking-cessation-classes>

#### **Florida Behavioral Health Orlando**

Address: Many locations in the central Florida area

- 10967 Lake Underhill Road, Suite 113 Orlando, FL 32825
- 743 Stirling Center Place Suite 1709 Lake Mary, FL 32746
- 10125 West Colonial Blvd Suite 212 Ocoee, FL 34761
- 321 W Oak Street Kissimmee, FL 34741
- 1530 Celebration Blvd Suites 405 Celebration FL 34747

Specialists help create a personalized smoking cessation plan for each participant.

For more information about the facility closest to you....

Visit: <https://www.behavioralhealthflorida.com/services/smoking-cessation/>

#### **Florida Area Health Education Center**

In partner with Tobacco Free Florida. Has multiple locations all throughout Florida to

Help those quit smoking.  
Visit: <http://www.ahectobacco.com/>  
Call: **1-877-848-6696**

## Suncoast Region (Tampa bay, Pinellas, Sarasota)

### **Tampa Crossroads**

Address: Hillsborough County 5109 N. Nebraska Ave. Tampa 33603  
Services for adults  
Offers housing support, mental health, substance use, family support, residential treatment for Women, vocational rehab, and Veteran supports.  
Call: **813-238-8557**

### **Phoenix House**

Services for adolescents and adults  
Offers crisis stabilization unit, outpatient counseling, mother/child residential, residential, detoxification, sober living with outpatient support, and Veteran services  
Call: **888-671-9392**

### **Drug Abuse Comprehensive Coordinating Office (DACCO)**

Services for adults and adolescents  
Offers residential treatment services, aftercare, screening/assessment, individual and group counseling, family intervention, drug education and prevention programs, adolescent outpatient services, employment services, case management  
Specialty areas include drug and alcohol abuse, methodone and bupenorphine services  
Medicaid, Amerigroup, and Aetna accepted  
Call: **813-984-1818**

## South Florida (West Palm, Collier, Lee, Broward, Indian River)

### **Everglades Area Health Education Center Tobacco Program**

(Main) Address: 5725 Corporate Way, Suite 102 West Palm Beach, FL 33407  
Free classes in all 10 south Florida counties.  
Visit: <http://www.eahectobacco.com/>  
Call: **(561)-688-9591**

### **UHealth University of Miami Health Systems- Miller School of Medicine**

Offers BeSmokeFree classes at multiple locations around the South Florida Area  
Visit: <http://wellness.med.miami.edu/be-smoke-free>  
Call: **(305) 243-2847**  
Email: [quitsmoking@med.miami.edu](mailto:quitsmoking@med.miami.edu)

### **IQuitNow – Nova Southeastern University**

Address: Frontage Rd, Davie, FL 33314  
Specialists help participants in the community set their own quit date and provide tips and Tricks to stick with it.

Call: **(954)-262-5860**

Email: [iQuitnow@nova.edu](mailto:iQuitnow@nova.edu)