

NYC SMOKING CESSATION PROGRAMS AND RESOURCES
(Updated as of May 2022)

BRONX

NYC Health + Hospitals/Jacobi
 Smoking Cessation Program
 1400 Pelham Parkway South, Building #1, Room #4W2, Bronx, NY 10461
 Phone: 718-918-3907
 Call for an appointment.
 Hours: Monday to Friday between 8am - 4pm.
 In-person counseling offered.

NYC Health + Hospitals/Lincoln
 Smoking Cessation Program
 234 East 149th St. Bronx, NY 10451
 Phone: 718-579-4943/6570
 Call for an appointment.
 Hours: Monday & Friday between 1:40pm - 3pm;
 Tuesday, Wednesday & Thursday between 8:40am - 10:30am.
 In-person and phone counseling offered.
 Services are provided in English and Spanish.

BROOKLYN

NYC Health + Hospitals/Kings County
 Smoking Cessation Program
 451 Clarkson Ave, Brooklyn, NY 11203
 Phone: 718-245-2782
 Call for an appointment and information about group sessions.
 Hours: Monday to Friday between 8am - 4pm.
 In-person counseling offered.
 Services are provided in English and Spanish.

MANHATTAN

NYC Health + Hospitals/Bellevue
 Smoking Cessation Program
 462 1st Ave New York, NY 10016
 Phone: 212-562-8710
 Call for an appointment. Same-day appointments available.
 Hours: Monday to Friday between 8am - 4pm.
 In-person and phone counseling offered.
 Services are provided in English and Spanish.

NYC Health + Hospitals/Gotham Health/Dyckman Family Health Center
 Smoking Cessation Program
 175 Nagle Ave, New York, NY 10034
 Phone: 212-544-2001
 Call for an appointment.
 Hours: Monday to Wednesday between 9am - 4:30pm.
 In-person counseling offered.
 Services are provided in English and Spanish.

<p>NYC Health + Hospitals/Gotham Health/Gouverneur Smoking Cessation Program 227 Madison St, 2nd Floor, New York, NY 10002 Phone: 212-441-5391/5424, 212-238-8130/7733 Call for an appointment. Hours: Monday to Friday between 9am - 4pm. In-person counseling offered. Services are provided in English, Spanish, Bengali, Cantonese, Mandarin & Chinese.</p>	<p>NYC Health + Hospitals/Harlem Smoking Cessation Program 46 West 137th St, 3rd Floor, NY, NY 10037 Phone: 212-939-8222 Call for an appointment. Walk-in appointments are available. Hours: Monday to Friday between 8am - 4pm. In-person counseling offered. Services are provided in English and Spanish.</p>
<p>NYC Health + Hospitals/Metropolitan Smoking Cessation Program 1901 First Ave. New York, NY 10029 Phone: 212-423-6510/6511/6127 Call for an appointment. Hours: Every 1st, 3rd & 5th Thursdays of each month from 8am - 12pm. In-person and phone counseling offered. Services are provided in English and Spanish</p>	<p>NYC Health + Hospitals/Gotham Health/Sydenham Community Health Center Smoking Cessation Program 264 W. 118th St, New York, NY 10026 Phone: 212-932-6336 Call for an appointment. Hours: Thursday to Friday between 9am - 4pm. In-person counseling offered. Services are provided in English and Spanish.</p>
<p style="text-align: center;">Asian Americans for Equality - Manhattan Smoking Cessation Program 111 Division Street, New York, NY 10002 Phone: 212-979-8988 Hours: Monday to Friday between 9am – 5pm.</p>	
<p>QUEENS</p>	
<p style="text-align: center;">NYC Health + Hospitals/Queens Smoking Cessation Program 82-68 164th St, Queens, NY 11432 Phone: 718-883-3774 Call for an appointment. Hours: Monday to Wednesday between 9am - 2pm. In-person counseling offered.</p>	

ALL BOROUGHES

New York State Smokers' Quitline – Free Quit Smoking Coaching (<https://www.nysmokefree.com/>)

Phone: 866-697-8487 (866-NY-QUITS)

TTY: 800-280-1213

Hours: Monday to Thursday between 9am - 9pm & Friday to Sunday between 9am - 5pm.

Asian Smokers' Quitline – Free Quit Smoking Telephone Counseling in Cantonese, Mandarin, Korean, Vietnamese

Phone: 1-800-838-8917 (Cantonese/Mandarin)

1-800-556-5564 (Korean)

1-800-778-8440 (Vietnamese)

Hours: Monday to Thursday between 10am to 12am (midnight)

Sign up online 24/7 at <https://www.asiansmokersquitline.org/smokers/>

Truth Initiative's This is Quitting – (<https://truthinitiative.org/about-this-is-quitting>)

Free text message program for quitting vaping for teens and young adults (ages 13-24)

Text **DITCHVAPE** to **88709**

Smokefree.gov (<https://smokefree.gov/>) offers the following free programs:

1. Free Smoking Cessation Text Message Support –

- **SmokefreeTXT** for adults and teens ready to quit smoking. Text **QUIT** to **47848**.
- **SmokefreeMOM** for pregnant women ready to quit smoking. Text **MOM** to **222888**.
- **SmokefreeVET** for veterans ready to quit smoking. Text **VET** to **47848**.
- **DipfreeTXT** for young adults ready to quit dip. Text **SPIT** to **222888**.
- **Practice Quit** to build skills and confidence to quit for good. Text **GO** to **47848**.
- **Daily Challenges** to build your quitting skills—like managing cravings and understanding your triggers. Text **GO** to **47848**.

2. Free Smokefree SmartPhone Apps –

- **QuitGuide** is a free app that helps you understand your smoking patterns and build skills needed to become and stay smokefree. Use the app to track your cravings by time of day and location; get motivational messages for each craving you track.
- **quitSTART** is a free app that helps you quit smoking with tailored tips, inspiration, and challenges.

3. Free Quit Smoking Counseling –

- **Online Chat with a National Cancer Institute LiveHelp Information Specialist**
Hours: Monday to Friday, 9am – 9pm.
- **Speak with a National Cancer Institute Trained Counselors**
Phone: 877-448-7848 (877-44U-QUIT)
Hours: Monday to Friday, 9am – 9pm.