

## Allegheny County

- \* **Mercy Behavioral Health** provides tobacco cessation services for pregnant/post-partum women, mental health patients, employees of Mercy Behavioral Health and community members. (412) 320-2399

**St. Clair Hospital** provides cessation services for inpatients requesting help with quitting and community outreach cessation classes. (412) 942-2008

**UPMC** provides cessation services at McKeesport, South-side, and Passavant hospitals. 1-800-533-8762

## Armstrong County

- \* **Armstrong Indiana Intermediate Unit 28** provides Not-On-Tobacco (N-O-T) teen cessation program in the schools. (724) 453-5300
- \* **ARC Manor** provides Smoke Free for Life group and individualized counseling. Offers worksite tobacco-free education and/or tobacco cessation programs, and assistance with tobacco policy development. Also assists in the development of school cessation programs. All services are free. (724) 548-7607 [www.arcmanor.org](http://www.arcmanor.org)

## Beaver County

- \* **Heritage Valley Health System** provides tobacco cessation programming for all pregnant women who have certain risk factors that could lead to the birth of a premature baby through its Pregnancy Health Services. 1 (866) 328-8389, ext. 3 [www.heritagevalley.org](http://www.heritagevalley.org)
- \* **Community Health Challenge of Southwestern PA** provides Not-On-Tobacco (N-O-T) teen cessation program. (724) 283-9955
- \* **The Prevention Network** provides information regarding cessation providers in Beaver County. (724) 869-2222

## Butler County

- \* **Community Health Challenge of Southwestern PA** provides multiple free adult and teen cessation services, including SmokeStoppers®, individual counseling, and Not-On-Tobacco (N-O-T) teen cessation program. (724) 283-9955

## Cambria County

- \* **Conemaugh Health System** provides adult cessation programming with group and individual support through No Butts About It, (814) 534-1990
- \* **Family Resource Initiative** provides Not-On-Tobacco (N-O-T), a teen cessation program. (814) 536-1555

## Fayette County

- \* **Fayette County Drug & Alcohol Commission** provides free adult cessation programs for individuals or groups at worksites. Free nicotine replacement therapy available as funding permits. Teen cessation programs (N-O-T and END) also are provided. (724) 438-3576

## Greene County

- \* **Greene County Tobacco Control Program** provides the Bee Free Program, featuring SmokeStoppers®, a free adult cessation program offered either in group cessation classes or individual telephone-based sessions. Nicotine replacement therapy available. Presents Not-On-Tobacco (N-O-T) teen cessation program to Greene County school districts. (724) 852-5276 or 1 (888) 317-7106 [www.beetobaccofree.org](http://www.beetobaccofree.org)

## Indiana County

- \* **Armstrong Indiana Intermediate Unit 28** provides Not-On-Tobacco (N-O-T) teen cessation program in schools. (724) 453-5300
- \* **The Open Door** provides the Breathe Easy group cessation program and individualized counseling. Offers worksite tobacco-free education and/or tobacco cessation programs, and assistance with tobacco policy development. Also assists in the development of school cessation programs. All services are free. (724) 465-2605 [www.theopendoor.org](http://www.theopendoor.org)

**Gatti Pharmacy** provides a fee-based six week smoking cessation group program. (724) 349-4200

## Somerset County

- \* **Somerset Hospital** provides free adult cessation through group and individual support, as well as tobacco cessation medication for those who qualify. Call Community Connection for more information. (814) 443-5196 or (814) 443-5000 [www.stopsmokingsomerset.org](http://www.stopsmokingsomerset.org)

## Washington County

**Monongahela Valley Hospital** provides SmokeStoppers® adult cessation programming, including group and individual support. (724) 258-1000 or (724) 258-1321

- \* **The Washington Hospital** provides the Stay Quit Tobacco Cessation Program, which runs for six weeks with a one-hour educational session each week at the Wilfred R. Cameron Wellness Center (724) 250-5237

## Westmoreland County

- \* **Excela Health-Latrobe, Frick and Westmoreland Hospitals** provides a free, seven-week adult group cessation program in various locations. Also provides a monthly telephone support group for former smokers. (724) 537-1615 [www.excelahealth.org](http://www.excelahealth.org)

**Monongahela Valley Hospital** provides SmokeStoppers® adult cessation programming, including group and individual support. (724) 258-1318

- \* **Saint Vincent College Prevention Projects** offers Not-On-Tobacco (N-O-T), a teen cessation program, and Freedom From Smoking, an adult program, free to Westmoreland County school districts. Offers cessation group counseling for college students. (724) 805-2050
- \* **Penn State Extension** provides free How to Quit classes for adults. Offers group or individual counseling sessions in person or over the telephone and onsite programs for businesses. Offers up-to-date list of all classes in county. 1 (888) 664-2248 [www.westmorelandtobaccofree.org](http://www.westmorelandtobaccofree.org)

- \* **Program funded by Tobacco Master Settlement Agreement funds**

## Regional, Telephone and Online Resources

**American Respiratory Alliance of Western PA** provides Smokeless Saturday, a teen education and cessation program in Allegheny, Armstrong, Beaver, Butler, Cambria, Fayette, Greene, Somerset, Washington, and Westmoreland Counties. Contact Ms. MaryAnn Valasek at 1 (800) 220-1990 [www.healthylungs.org](http://www.healthylungs.org)



**1-800-QUIT NOW**—Pennsylvanians 14 years of age or older who smoke or use chewing tobacco can call 1-800-QUIT NOW (1-800-784-8669) to receive the helping hand they may need to end their life-threatening addiction to tobacco. The toll-free hotline provides service 24 hours a day, 7 days a week.



**DeterminedToQuit.com**—is an online community that gives smokers tools to update and monitor their quit attempts; schedule messages to be delivered automatically to their cell phones to fend off potential lapses; and receive messages of encouragement from loved ones.

**American Lung Association**—[www.lungusa.org](http://www.lungusa.org)  
[www.chewfree.com](http://www.chewfree.com)

**MyLastDip Web Program**—[www.MyLastDip.com](http://www.MyLastDip.com) presents information about the risks of smokeless tobacco use, provides research-proven, practical methods for quitting, and allows participants to set their own pace.

**QuitNet**—[www.quitnet.com](http://www.quitnet.com)  
[www.smokefree.gov](http://www.smokefree.gov)

**UPMC HealthyLifestyles**—[www.upmc.com](http://www.upmc.com) Click on Health A-Z, then Patient Information Materials, then Smoking.

**Information current as of 9/1/11. For the most up-to-date listing, visit [www.tobaccofreeswpa.org](http://www.tobaccofreeswpa.org).**

## County Contacts

**Allegheny County**  
Tobacco Free Allegheny  
(412) 322-8321

**Armstrong County**  
Armstrong/Indiana Drug and Alcohol Commission  
(724) 354-2746

**Beaver County**  
The Prevention Network  
(724) 869-2222

**Butler County**  
Butler County MH/MR/D&A Programs  
(724) 284-5114

**Cambria County**  
Alternative Community Resource Program  
(814) 536-1555

**Fayette County**  
Fayette County Drug and Alcohol Commission  
(724) 438-3576

**Greene County**  
Greene County Human Services  
(724) 852-5276

**Indiana County**  
Armstrong/Indiana Drug and Alcohol Commission  
(724) 354-2746

**Somerset County**  
Somerset Health Services  
(814) 444-1673

**Washington County**  
Washington County Health Partners  
(724) 222-6511

**Westmoreland County**  
Westmoreland Drug and Alcohol Commission  
(724) 684-9000, ext. 4351

*A program of Tobacco Free SWPA, funded by the PA Department of Health.*

# Providing tools to help YOU quit tobacco



**Southwestern PA**

## Tobacco Cessation Resource Guide



c/o Washington County Health Partners, Inc.  
190 North Main Street, Suite 208 • Washington, PA 15301  
(P) 1-866-904-3733 • (F) 724-222-6685 • [www.tobaccofreeswpa.org](http://www.tobaccofreeswpa.org)