

Tobacco-Free Campus



Banner Baywood
Medical Center
Heart Hospital

Community Tobacco Cessation Resources

Arizona Smoker's Helpline offers counseling over the telephone. Please call 1 (800) 556-6222 to take advantage of this free program.

Nicotine Anonymous offers a 12-step program. The program is free of charge to anyone who has the desire to quit smoking. Group members share their experiences. Call (480) 990-3860 for 24-hour referral and information.

Carl T. Hayden Veterans Medical Center offers, to veterans only, a smoking cessation program. The program includes group support and behavior modification. You'll need a consult from primary doctor or nurse practitioner to participate in this program.

National Cancer Institute offers free over-the-phone counseling that provides suggestions and support to help break the smoking habit. Call 1(877) 44U-QUIT. www.smokefree.gov

Becomeanex.org offers a free Web site based plan that helps people learn how to quit smoking.

American Lung Association Helpline offers free over-the-phone tobacco cessation counseling. Call 1(800) 548-8252 Monday through Friday from 7 a.m. to 9 p.m. www.FFSonline.org