

Tobacco Cessation Services

UPMC's Tobacco Cessation Programs offer several resources to help you quit using tobacco and vaping products and "stay quit."

- No-obligation quit consultations
- Freedom From Smoking®
- Individual cessation coaching
- Nicotine support group
- Online tobacco cessation support groups
- Educational materials and discounts
- Telephone-based quit support and resources

For further information or to register for any of these programs, please contact one of our tobacco treatment specialists or visit [UPMC.com](https://www.upmc.com) and search "Tobacco Cessation".

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Our Tobacco Treatment Specialists

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Tobacco Cessation Services *Continued*

No-obligation quit consultations

Would you like to know more about what it takes to quit tobacco and vaping successfully, but aren't quite sure if now is the right time for you to quit? Talk to a UPMC tobacco treatment specialist about the methods and resources out there to help you do it right, at the right time for you! This free, confidential opportunity is offered with no obligation to enroll in a program.

Freedom From Smoking®

In this seven-week course you will learn about effective ways to quit all forms of tobacco, including vaping, determine which method is best suited for you, and construct a customized quit plan. Classes are offered, free to the community, virtually and in-person at convenient outpatient office locations in Hanover, Harrisburg, and York.

The 2021 Program will be offered in Winter, Spring and Fall. For more information or to register, please contact one of our tobacco treatment specialists or visit UPMC.com and search "Tobacco Cessation".

Individual cessation coaching

Not a "group person" or need flexible help and support? No problem! UPMC offers free, individualized, one-on-one quit programs that explore tobacco use issues and help you create a customized quit plan. Options for participating in these programs include:

- In-person at a convenient outpatient office location in Hanover, Harrisburg, or York
- Virtually from your smartphone, tablet, or computer
- By telephone
- By referral to an online quit program

Nicotine support group

No matter what form of tobacco or vaping product you are using or have used, and no matter how many times you have tried to quit, this supportive and dynamic group is worth checking out.

Facilitated by a tobacco treatment specialist, participants meet in-person and virtually to share common experiences, discuss timely topics relating to tobacco use and quitting, and learn about the power of nicotine.

When: First and third Tuesdays, 6:30 to 7:30 p.m.

To learn more or to join, contact Pam Miller, 717-849-5463 or millerpa4@upmc.edu

Online tobacco cessation support groups

UPMC now offers virtual support groups on Facebook! Moderated by our team of tobacco treatment specialists, our support groups are a place where current and former tobacco users come together to share ideas, discuss topics, and tell their stories. Interactive features include videos, posts, activities, and active discussions about the quitting process and staying quit. Join us and connect with other members who understand what you are going through. Signing up is quick, easy and free – and you can join us whenever you're ready!

- **[UPMC Tobacco Cessation Support Group](#)**
(for the general public)
- **[Living a Life Without Tobacco: A Support Group for Moms and Moms-To-Be](#)**

[Visit UPMC.com and search "Tobacco Cessation" for direct links to these groups.](#)

Educational materials and discounts

The Tobacco Cessation Program has an ever-changing variety of print and online materials available for free to the community. In addition, information about free and discounted quit medications may be available.*

Contact us or visit UPMC.com and search "Tobacco Cessation" for details.

Telephone-based quit support and resources

The PA Free Quitline is a telephone-based tobacco cessation counseling service offering free coaching as well as web-based and text-messaging support, available 24/7.

For more information Call 1-800-QUIT-NOW (1-800-784-8669).