

Forsyth County Cessation Resources

NC Quit Line

Free hotline and website support for smokers who want to quit. Open 8am until 3am every day including weekends. Multilingual quit coaches are available.

**Contact information: 1-800-QUIT-NOW or
www.QuitNowNC.org or www.QuitlineNC.com**

***Inquire about the Generic Nicotine Replacement
Therapy from your quit coach***

BCBSNC

Members receive a special discount on over-the-counter nicotine replacement therapy and free shipping through [Tobacco Solutions](#). Members can also receive the discount by calling 1-866-889-4138

Wake Forest University Tobacco Intervention Clinic

This clinic meets twice a week, uses cutting edge medications for intervention, and targets adult smokers who have tried to quit multiple times without success.

**Contact information: WFU Department of Family
Medicine**

1920 West First St. Winston-Salem, NC

336-716-4479

Dr. John Spangler, MD

Call for the fee

Wake Forest University Baptist Medical Center
Action Health

(for employees and spouses of WFUBMC only)

Freedom From Smoking Curriculum is an adult self-help group
that last eight weeks with a

Fee of \$75.

Contact information: Lynn Black or Chandra Parker
336-713-8001

Wake Forest University Baptist Medical Center
BestHealth

January, 2010

Six-week smoking cessation course

Fee of \$50

(Open to the public)

Taught by Chandra Parker, certified smoking cessation facilitator
with WFUBMC

Contact information: 713-2378

****Free** educational materials on how to stop smoking are always
available at Best Health.

Forsyth Medical Center: Preventive Cardiology **Quit Smart Program**

This tobacco/smoking cessation program is made up of educational and support sessions designed to eliminate tobacco use from your life. Attendance is once a week for six weeks for a **fee of \$85**, led by Dr. Robert Shipley from Duke University.

Contact information: Paula Swindle at 718-5779

Online Services

www.smokefree.gov - The National Cancer Institute website provides instant messaging cessation counseling and printable materials

www.chewfree.com - free website for spit tobacco users who want to quit

www.BecomeAnEx.org - provides same interventions as quitline; very popular among NC smokers

www.ncpreventionpartners.org - a county specific directory of statewide resources for tobacco cessation

www.makeasmokinghistory.org - a website that offers a "QUIT Wizard" Program with tools, and features a bulletin board that will give support you need to quit or help someone else quit. Multilingual support is available. Registration is required.

www.quitnet.com - free online interactive community that provides support for smoking cessation. Registration is required.

www.ffsonline.org - free online, web-based smoking cessation program provided by the American Lung Association. Information available in English and Spanish. Registration is required.