

NYC SMOKING CESSATION PROGRAMS AND RESOURCES

(Updated as of May 2025)

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, Tuesday, Thursday 8am – 4pm.
Wednesday at Northcentral 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 appointments and information about
one-on-one sessions.

Hours: Monday to Friday between 8am – 4pm.
In-person counseling offered.

Services Provided in English and Spanish

NYC Health + Hospitals/Woodhull

Smoking Cessation Program
760 Broadway Brooklyn, NY 11206

Phone: 844-NYC-4NYC (844-692-4692)

Get referred through a Woodhull Medical
Center provider.

**Hours of operation: Monday to
Friday, 9 a.m. to 5 p.m.**

MANHATTAN

NYC Health + Hospitals/Bellevue

Smoking Cessation Program
462 1st Ave New York, NY 10016

Phone: 212-562-8710

(Please leave voicemail with contact info.)

Call for an appointment.

Same day appointments are 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.

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MANHATTAN

NYC Health + Hospitals/Gotham Health/ Gouverneur

Smoking Cessation Program
227 Madison St, 2nd Floor, New York, NY 10002

Phone: 212-238-8130/7733 or 212-414-5391/5424.

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.

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 one-on-one
appointments are available.

Hours: Monday to Friday between 8am – 4pm.

In-person counseling offered.

Services are provided in English and Spanish.

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

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.

Asian Americans for Equality – Manhattan

Smoking Cessation Program
111 Division Street, New York, NY 10002

Phone: 212-979-8988 (Please leave a voicemail with contact info)

Hours: Monday to Friday between 9am – 5pm.

QUEENS

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.

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ALL BOROUGHES

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

Phone: 866-697-8487 (866-NY-QUITS)/Text: 716-926-4422 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 Live Help 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.**