

**NYC SMOKING CESSATION PROGRAMS AND RESOURCES**  
*(Updated as of July 2023)*

**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

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 an appointment and information about one-on-one sessions.

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

In-person counseling offered.

Services are provided in English and Spanish.

**MANHATTAN**

**NYC Health + Hospitals/Bellevue**

Smoking Cessation Program

462 1st Ave New York, NY 10016

Phone: 212-562-8710 (Please leave a voicemail with contact info.)

Call for an appointment.

Same-day appointments 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: 844-692-4692

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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Phone: 212-562-8710 (Please leave a voicemail with contact info.)

Call for an appointment.

Same-day appointments 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: 844-692-4692

Call for an appointment.

Hours: Monday to Wednesday between 9am - 4:30pm.

In-person counseling offered.

Services are provided in English and Spanish.

**NYC Health + Hospitals/Gotham Health/Gouverneur**

Smoking Cessation Program

227 Madison St, 2nd Floor, New York, NY 10002

Phone: 212-238-7444

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

Call for an appointment.

Hours: Every 1<sup>st</sup>, 3<sup>rd</sup> & 5<sup>th</sup> 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

82-68 164<sup>th</sup> St, Queens, NY 11432

Phone: 718-883-3774

Call for an appointment.

Hours: Monday to Wednesday between 9am - 2pm.

In-person counseling offered.

## ALL BOROUGHES

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

Phone: 866-697-8487 (866-NY-QUITS)

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 LiveHelp 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.