This is a list of groups that help people stop smoking. You can call the number or go to the website of the group your doctor has marked or another group that you feel more comfortable with.

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| **Nicotine Anonymous –** all free resources* Support Groups in Houston – call **713-827-5989** to check time and place
	+ Up the Street Club: 508 W Nasa Parkway, Webster, TX, 77598 (SE HOUSTON)
	+ St Christopher’s Episcopal Church: 1656 Blalock Road, Houston, TX, 77080 (NW HOUSTON)
	+ Telephone Support Group Meetings: call 218-339-2933 enter pin 944982
* National Support line for 1-on-1 help: 1-877-TRY-NICA (1-877-879-6422)
* <https://nicotine-anonymous.org/phone-meetings.html> - list of additional telephone meeting times
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| **Texas Tobacco Quitline*** 1(877) 937-7848: free 1-on-1 coaching in English or Spanish and translators for other languages
* 2(866) 228-4327: Deaf/Hard of Hearing 1-on-1 coaching
* Free nicotine patches and lozenges for patients; must call to see if eligible
* [www.YesQuit.org](http://www.YesQuit.org): free online or telephone program to help you quit; in English and Spanish
* [www.QuitNow.net/texas](http://www.QuitNow.net/texas): Free online or telephone program to help you quit; in English and Spanish
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| **Asian Smokers' Quitlne -** <http://www.asiansmokersquitline.org/>* Free nationwide Asian-language service with one-on-one telephone counseling to quit smoking and a free two-week starter kit of nicotine patches for Asian-language smokers.
* Chinese (Cantonese and Mandarin): 1-800-838-8917; Korean: 1-800-556-5564; Vietnamese: 1-800-778-8440
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| **MD Anderson Tobacco Treatment Program** * In-person behavioral counseling and several tobacco-cessation medication treatments, at no cost to MD Anderson cancer patients who are current tobacco users or recent quitters (quit within the last 12 months)
* 713-792-7848, toll-free at 1-866-245-0862, or make inquiries by email at quitnow@mdanderson.org.
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| **University of Texas Medical Branch at Galveston - Commit to Quit** * Private counseling and support for 12 months to help you quit. Total cost is $60 (free for UTMB employees).
* (409) 747-5324 or pmhousto@utmb.edu.
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| **www.Smokefree.gov** * Smart phone App and text messaging service to help you quit
* Text the word **QUIT** to 47848 to sign up
* Join Facebook.com/Smokefreevet

**www.Smokefree.gov/vet –** for US veterans* Call 1-855-QUIT-VET (1-855-784-8838): 1-on-1 phone counseling
* Text the word **VET** or **VETesp** (for Spanish) to 47848.

**www.Women.smokefree.gov –** Support for pregnant mothers. Text the word **QUIT** to 222888.**www.Teen.smokefree.gov –** Support and resources for teens. Text the word **QUIT** to 47848. **www.Espanol.smokefree.gov –** Spanish support. Mande **LIBRE** al 47848 desde su celular. |
| **Worth It -** [www.worthit.org](http://www.worthit.org)* Tips for parents
* Info about the TX Youth Tobacco Awareness Program for minors with tobacco violations
 |  **Become An Ex -** [www.becomeanex.org/](http://www.becomeanex.org/)* Create free quit plan
* Online support group and Phone app
* [ConvierteteEnUnEX.org](http://convierteteenunex.org/) – Spanish
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| **Quit Net** * [www.meyouhealth.com/quitnet/](http://www.meyouhealth.com/quitnet/)
* Online support group
 | **Voices of Nicotine Recovery** * [www.voicesofnicotinerecovery.com](http://www.voicesofnicotinerecovery.com)
* Online meeting using Paltalk, a voice app you can download to your computer or phone
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**Groups that hold occasional free classes – call for availability**

* The Montrose Center
	+ 401 Brand Street, Houston Tx 77006 (inside 610 loop)
	+ Call 713-529-0037 or check the calendar at <http://www.montrosecenter.org/hub/calendar-of-events/>
* Memorial Hermann Hospital
	+ 713-222-CARE
	+ Classes at Katy and South East location