

## Freedom from Smoking

Age Requirements

18 and over

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No Age Requirement

Available 24/7

No

Family

No

Intake Contact Email

lungva@lungusa.org

Intake Process

Visit the website to find a local group, visit the online community, or use online tools. Call or live chat on the website for more information.

Intake Contact Telephone

(804) 302-5740

Provider Refer

Yes

Report Problems

Call the Agency

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Send an Email

Self Refer

Yes

American Lung Association of Virginia

<https://www.lung.org/research/sota/city-rankings/msas/richmond-va>

<https://www.lung.org/stop-smoking/join-freedom-from-smoking/>

<https://www.facebook.com/lungusa/>

<https://twitter.com/LungAssociation>

Each Breath <https://www.lung.org/blog>

Main

(800) 586-4872

Toll-Free

(800) 586-4872

TTY/TTD

(800) 501-1068

9702 Gayton Road Suite 110

23238 VA

United States

Monday: 9:00 am-5:00 pm

Tuesday: 9:00 am-5:00 pm

Wednesday: 9:00 am-5:00 pm

Thursday: 9:00 am-5:00 pm

Friday: 9:00 am-12:00 pm

Saturday: Closed

Sunday: Closed

Additional Availability Comments

The Tobacco Quit Helpline is available Monday thru Friday from 8:00 AM until 10:00 PM ET and on weekends from 10:00 AM until 6:00 PM.

Fee Structure

Call for Information

Languages Spoken

English

The Freedom From Smoking® program uses techniques based on pharmacological and psychological principles and methods designed to help tobacco users gain control over their behavior and break their addiction. Because no single quit method is effective for all tobacco users, the program includes a comprehensive variety of evidence-based, proven-effective cessation techniques. The curriculum also includes information about nicotine replacement therapy (gum, inhalers, patches, lozenges, and nasal spray) and other FDA-approved smoking cessation medications such as Zyban® and Chantix®.

Freedom From Smoking® Plus is a user-friendly interface that helps you create a personal quit plan on your desktop, tablet, or smartphone. Through interactive features that include videos, quizzes, and activities, Freedom From Smoking® Plus walks you through the quitting process and offers a surround sound of support from our Lung HelpLine counselors and other quitters through our online community. A demonstration of the interface is available on the website.

To [find a local Freedom From Smoking® group program](#), visit the website.

A Freedom From Smoking® Guide to quitting is available on the website in [English](#)

and [Spanish](#).

Service Area(s)

Statewide

Email

[socialmedia@lunginfo.org](mailto:socialmedia@lunginfo.org)