

Tobacco Cessation, Quit Now Virginia, Region 1

Age Requirements

13-21

,
18 and over

Available 24/7

Yes

Intake Process

Visit the website; Call 1-800-QUIT NOW (1-800-784-8669) 24 hours per day, every day, to get support to quit tobacco for good. For service in Spanish, call 1-855-DEJELO-YA (1-855-335-3569).

Intake Contact Telephone

(800) 784-8669

Provider Refer

Yes

Report Problems

Call the Agency

Residency Requirements

Serves Virginia residents.

Self Refer

Yes

Virginia Department of Health, Tobacco Control Program

<http://www.vdh.virginia.gov/tobacco-free-living/tobacco-use-control-project-tuc...>

Main

(434) 422-4555

Toll-Free

(800) 784-8669

TTY/TTD

(877) 777-6534

Blue Ridge Health District

1138 Rose Hill Drive

22903 VA

United States

Fee Structure

No Fee

Languages Spoken

English

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Spanish

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Multi-Lingual

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Language Line available

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Call if translation is needed

Quit Now Virginia is a free program to help you stop using tobacco, including smokeless products such as chewing tobacco. The program will show you how to get ready, take action and live the rest of your life tobacco-free. The program provides help with determining which type of quitting aids are right for you; a quit guide; a quit coach, access to a web coach, and more.

Once enrolled, your coaching sessions take place over the phone. You can talk to a Quit Coach any day of the week.

Contact your local Tobacco Control Program Regional Coordinator for information on in-person tobacco cessation classes and other resources to help you quit using tobacco and nicotine products for good.

Service Area(s)

Albemarle County

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Alexandria City

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Arlington County

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Augusta County

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Bath County

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Buena Vista City

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Caroline County

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Charlottesville City
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Clarke County
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Culpeper County
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Fairfax City
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Fairfax County
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Falls Church City
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Fauquier County
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Fluvanna County
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Frederick County
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Fredericksburg City
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Greene County
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Harrisonburg City
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Highland County
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King George County
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Lexington City
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Loudoun County
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Louisa County
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Madison County
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Manassas City

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Manassas Park City
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Nelson County
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Orange County
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Page County
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Prince William County
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Rappahannock County
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Rockbridge County
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Rockingham County
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Shenandoah County
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Spotsylvania County
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Stafford County
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Staunton City
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Warren County
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Waynesboro City