

# Smoking Cessation Program, Quit Now Virginia

## Age Requirements

13-21

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18 and over

Available 24/7

Yes

## Other Eligibility Criteria

Serves individuals age 13 and older.

## 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...>

<https://www.vdh.virginia.gov/tobacco-free-living/quit-now-virginia/>

## Main

(800) 784-8669

TTY/TTD

(877) 777-6534

109 Governor Street, 9th Floor

23219 VA

United States

## Fee Structure

No Fee

Languages Spoken

English

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Spanish

,

Multi-Lingual

,

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.

Quitting tobacco at any age can have health and financial benefits. Call 1-800-QUIT NOW (1-800-784-8669) 24 hours a day / 7 days a week to get support to quit tobacco for good. Calling the evidence-based Quitline will connect you to a Quit Coach who can help you design a free, personalized quit plan.

Service Area(s)

Statewide