

Tobacco Cessation Resources – Alabama and National

American Lung Association

Resources for Tobacco Cessation and Prevention and who covers the cessation programs

Link <http://www.lung.org/our-initiatives/tobacco/cessation-and-prevention/>

Freedom From Smoking Plus – Initiative is an online initiative to assist in quitting smoking by ALA Flexible online format includes nine sessions to be completed over a six-week period .

- Available on your desktop, tablet or smartphone
- Fully updated with engaging activities, content and tools
- Includes telephone and online chat support ([Lung HelpLine](#))
- [Join now](#)

Link <http://www.freedomfromsmoking.org/>

Alabama Public Health Department

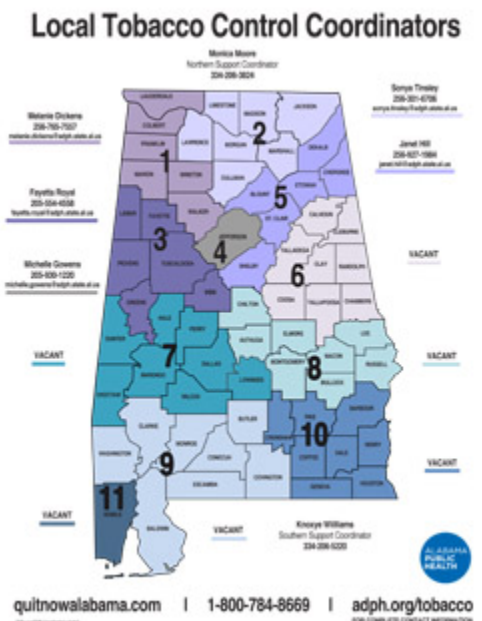
Website for Tobacco Quitline <https://alabama.quitlogix.org>

The Alabama Tobacco Quitline is a free telephone and online coaching service for any Alabamian who is ready to quit tobacco. Information, referrals and coaching are confidential, and sessions are designed on a schedule that is convenient for you. If you are eligible, you may receive a free two-week supply of nicotine replacement therapy patches.

- Toll Free Line for Quit Now 1-800-QUIT-NOW (784-8669)
- Smoking Calculator https://alabama.quitlogix.org/thinking_about_quitting/calculator.aspx
This calculator assists person in motivation to quit in dollars and sense.
- Map of Tobacco Cessation Resources by region
http://adph.org/tobacco/assets/TobaccoCoordinators_Map_Dec2015.pdf

Area Prevention Coordinators Affiliated with Health Departments

- **Area 1 Counties: Lauderdale, Colbert, Franklin, Marion, Walker, Winston**
Partnership for a Tobacco-Free Shoals/Smoke-free Shoals
4112 Chisholm Road
Florence, Alabama 35630
Phone: (256) 765-7557
Fax: (256) 764-2410
Mailing Address:
Lauderdale County Health Department
P.O. Box 3569
Florence, Alabama 35630-3569



- **Area 2 Counties: Lawrence, Cullman, Jackson, Limestone, Madison, Marshall, Morgan**
Tobacco-Free Huntsville
Kelli Bush, RN, MSM
301 Max Luther Dr. NW
Huntsville, AL 35811
Phone: (256) 533-8662
Fax: (256) 533-1570
Mailing Address:
Public Health Area 2
Madison County Health Department
P.O.Box 17708
Huntsville, Alabama 35810
- **Area 3 Counties: Tuscaloosa, Bibb, Greene, Fayette, Lamar, Pickens,**
Tobacco-Free Tuscaloosa County
Faye Royal, MA
2350 Hargrove Road East
Tuscaloosa, Alabama 35405
Phone: (205) 554-4558
Fax: (205) 556-2701
Mailing Address:
Public Health Area 3 Building
P.O. Box 70190
Tuscaloosa, Alabama 35407
- **Area 4 County: Jefferson**
Coalition for a Tobacco-Free Jefferson County
Lonnie Pressley MPH, MSEM, CP-FS, HHS
1400 6th Avenue South
Birmingham, Alabama 35233
Phone: (205) 930-1248
Fax: (205) 939-3019
Mailing Address:
Jefferson County Department of Health
P.O. Box 2648
Birmingham, Alabama 35202-2648
- **Area 5 Counties: Etowah, Blount, Cherokee, DeKalb, St. Clair, Shelby**
Pelham Tobacco-Free Coalition & Shelby County Drug Free Coalition
Janet Hill, B.B.A.
Cherokee County Health Department
833 Cedar Bluff Rd.
Centre, AL 35960
Phone: (256) 927-1984
Fax: (256) 927-7068
- **Area 6 Counties: Calhoun, Chambers, Clay, Cleburne, Coosa, Randolph, Talladega, Tallapoosa**
Calhoun County Coalition Against Tobacco
Vacant
3400 McClellan Boulevard
Anniston, Alabama 36201
Phone: (256) 240-6662
Fax: (256) 240-2615
- **Area 7 Counties: Dallas, Choctaw, Hale, Lowndes, Marengo, Perry, Sumter, Wilcox**
Dallas County Smoke-Free Coalition
Vacant

Dallas County Health Department
100 Sam O. Moseley Drive
Selma, Alabama 36701
Phone: (334) 877-2876
Fax: (334) 872-7960

- **Area 8 Counties: Montgomery, Autauga, Bullock, Chilton, Elmore, Lee, Macon, Russell**
Montgomery Tobacco Free Task Force; Montgomery Unified Prevention System (MUPS)
Knoxye Williams and Monica Moore
201 Monroe St., Suite 960
Montgomery, Alabama 36104
Phone: (334) 206-5220
Fax: (334) 206-0311
- **Area 9 Counties: Clarke, Baldwin, Butler, Conecuh, Covington, Escambia, Monroe, Washington**
Coalition for a Tobacco-Free Escambia County; Coalition for a Healthier Escambia County
Escambia County Health Department
1115 Azalea Place
Brewton, Alabama 36426
- **Area 10 Counties: Pike, Barbour, Coffee, Crenshaw, Dale, Geneva, Henry, Houston**
Coalition for a Tobacco-Free Houston County
Vacant
1781 East Cottonwood Road
Dothan, Alabama 36301
- **Area 11 County: Mobile**
Mt. Vernon Wellness Coalition
Vacant
Mobile County Health Department-Keeler
251 North Bayou Street
Mobile, Alabama 36603

Centers for Disease Control Resources

- Tips and Resources for quitting https://www.cdc.gov/tobacco/quit_smoking/
- Second Hand Smoke Impacts – How protect children
https://www.cdc.gov/tobacco/basic_information/secondhand_smoke/protect_children/index.htm
 - African American Specific resource - How We Can Protect Our Children
https://www.cdc.gov/tobacco/basic_information/secondhand_smoke/protect_children/pdfs/protect_children_af_amer.pdf
 - Hispanic Specific resource- How We Can Protect Our Children
https://www.cdc.gov/tobacco/basic_information/secondhand_smoke/protect_children/pdfs/protect_children_hispanic.pdf

smokefree.gov

SmokefreeTXT is a mobile text messaging service designed for adults and young adults across the United States who are trying to quit smoking. The program was created to provide 24/7 encouragement, advice, and tips to help smokers quit smoking and stay quit.

Link <https://smokefree.gov/smokefreetxt>

