



## Pennsylvania's FREE QUITLINE

**1-800 QUIT NOW**  
(1-800-784-8669)

is offered as a partnership between the Pennsylvania Department of Health and the American Cancer Society.

Based on state-of-the art techniques in smoking cessation, the service provides counseling and structured assistance for individuals who are committed to quitting.

The Free Quitline is staffed by a group of clinically trained counselors. Callers are assessed for their readiness to quit and given counseling options. Counselors then offer up to five pro-active counseling sessions to smokers who are ready to make a serious attempt to quit.

**The Free Quitline can be accessed 24 hours a day, 7 days a week.**

**Myth: Smoking is just a bad habit**

**Fact:** Tobacco use is an addiction. Most smokers use tobacco regularly because they are addicted to nicotine.

**Myth: Quitting is just a matter of willpower**

**Fact:** Because smoking is an addiction, quitting is often difficult. A number of treatments are available that can help.

**Myth: If you can't quit the first time you try, you will never be able to quit**

**Fact:** Quitting can be difficult. Usually, people make two or more tries before quitting for good.

**Myth: The best way to quit is "cold turkey"**

**Fact:** The most effective way to quit smoking is by using a combination of counseling and nicotine replacement therapy (such as: nicotine gum, patch, inhaler, nasal spray, or lozenge) or non-nicotine medicines (Zyban or Chantix).

Funding by:

ALLENTOWN HEALTH BUREAU

BETHLEHEM HEALTH BUREAU



[www.makeityourlast.org](http://www.makeityourlast.org)

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**We can help you quit!**

**Lehigh Valley  
Tobacco Treatment  
Services**

**Low-cost programs are available to help people stop using tobacco. If you do not have health insurance, or your health insurance does not cover cessation, please contact one of the following organizations for additional information :**

**\* ALLENTOWN HEALTH BUREAU**

**(Lehigh County Residents)**

245 N. 6th Street, Allentown

**610-437-7513**

**\* BETHLEHEM HEALTH BUREAU**

**(Northampton County Residents)**

10 E. Church Street, Bethlehem

**610-865-7087**

**QuitSmart Program**

QuitSmart Program consists of three-sessions that focus on breaking the habit, ending the addiction to nicotine and overcoming the psychological addiction to tobacco.

**En Español / English**

**\* LATINOS FOR HEALTHY COMMUNITIES**

716 Chew Street, Allentown

**484-223-1618**

**QuitSmart Program**

- Accepts Medicaid and Medicare

**\* LEHIGH VALLEY HOSPITAL**

Tobacco Treatment Program

17th & Chew Streets, Allentown

**610-969-2550**

Comprehensive outpatient programs offer nicotine withdrawal assistance, relapse prevention and pharmaceutical therapy. Face-to-face and telephone counseling are available.

Brief bedside counseling is offered for inpatients at all sites. Discharge follow-up provided through the Tobacco Treatment Program.

**\* ST. LUKE'S HOSPITAL**

**Allentown Campus**

1901 Hamilton Street, Allentown

**610-770-8200**

**Bethlehem Campus**

801 Ostrum Street, Bethlehem

**610-954-2301**

Individual outpatient counseling and inpatient consultation services with follow-up telephone counseling available. Counseling for smoking during pregnancy also available.

- Accepts Medicaid and Medicare

**\* SACRED HEART HOSPITAL**

Tobacco Cessation Program

The Sigal Center for Family Medicine

450 Chew St. #103, Allentown

**610-776-5434**

Outpatient and inpatient services with a focus on counseling tailored to meet individual needs, behavior modification, and follow-up counseling are available during flexible day and evening hours.

- Accepts Medicaid and Medicare

**\* CENTER FOR HUMANISTIC CHANGE**

2200 Avenue A, Suite 106, Bethlehem

**484-821-0316**

**Alternative to Suspension Program (For Teens)**

Education program for students who violate the school tobacco use policy. School officials or a Magisterial District Judge may offer this program as an option instead of a school suspension, and / or a fine. This program consists of four-sessions, and can held in school or community sites.

**Not On Tobacco (N-O-T) Program (For Teens)**

Cessation program to help high school teens through the process of quitting smoking. Consists of small groups that meet for ten weeks. N-O-T can be held in school or community sites.

Note: Alternative to Suspension and N-O-T are American Lung Association programs.

**Private Practices**

**Lehigh Valley Acupuncture Centre**

David & Ming Ming Molony

101 Bridge Street, Catasauqua

**610-264-2755**

Acupuncture

**Beverley Bley, LPN, C.M.Ht.**

Certified Master Hypnotherapist

2020 Downeyflake Lane, Suite 302B, Allentown

**610-797-8250 / E-Mail: [change@v35.com](mailto:change@v35.com)**

[www.wel.net/4change.htm](http://www.wel.net/4change.htm)

Hypnosis

**Hartzell's Health and Wellness Center**

**Division of Hartzell's Pharmacy**

300 American Street, Catasauqua

**610-264-5471**

A comprehensive 6-week group program, offered several times a year.

**Internet Based Cessation Resources**

**Teen Central**

Teencentral.net is an anonymous, professionally monitored helpline website for teens who want to stop using tobacco

**Freedom from Smoking**

[www.FFSonline.org](http://www.FFSonline.org)

American Lung Association's online tobacco cessation program.

**\* Indicates tobacco treatment programs that receive Master Tobacco Settlement funds to assist Lehigh and Northampton county residents, who do not have health insurance or whose health insurance does not cover cessation.**