

Tobacco Cessation Resources

**U.S Department of Health & Human Services
National Institute of Health
National Cancer Institute (NCI)**

<https://www.nccih.nih.gov/health/quitting-smoking>
(800) 4-CANCER

Office of the Surgeon General

Smoking Cessation: A Report of the Surgeon General (2020)
hhs.gov/sites/default/files/2020-cessation-sgr-full-report.pdf

Office on Smoking and Health (OSH)

National Center for Chronic Disease, Prevention & Health Promotion
Centers for Disease Control and Prevention (CDC)
(800) 232-1311
(770) 488-5705
cdc.gov/tobacco/

American Cancer Society

(800) 227-2345
cancer.org

American Heart Association

(800) 242-8721
americanheart.org
heart.org/en/healthy-living/healthy-lifestyle/quit-smoking-tobacco
Text: HEART to 88709

American Lung Association

O'ahu: 808-537-5966 x305
Neighbor Islands:
(800) 586-4872
freedomfromsmoking.org
lung.org
Self-help booklet for teens

**American College of Obstetricians & Gynecologists
Resources for Pregnant Women**

(202) 638-5577
(202) 863-2518
acog.org/topics/smoking-cessation

Medicaid Tobacco Cessation Resources

Aloha Care

(887) 973-0712
alohacare.org

Hawai'i Medical Service Association (HMSA)

(800) 440-0640
hmsa.com/QUEST

Kaiser Permanente

(800) 651-2237
kpquest.org/

ʻOhana Health Plan

(888) 846-4262
ohanahealthplan.com

United Healthcare Community Plan

(888) 980-8728
uhccommunityplan.com

Hawai'i State Department of Health
Chronic Disease Prevention & Health Promotion Division
Primary Prevention Branch
Tobacco Prevention and Control Section
1250 Punchbowl Street, #217
Honolulu, HI 96813-2416

Call (808) 586 4613

Non-Discrimination in Services

The Hawai'i Department of Health is committed to maintaining an environment free from discrimination, retaliation, or harassment on the basis of race, color, sex, national origin, age, or disability, or any other class as protected under federal or state law, with respect to any program or activity. For more information, including language accessibility and filing a complaint, please contact Acting Non-Discrimination Coordinator Valerie Kato at (808) 586-4400, doh.nondiscrimination@doh.hawaii.gov, or visit HDOH's website at <http://health.hawaii.gov>.

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CleanBreak

HAWAII

2024 Tobacco Cessation Resources in Hawai'i



WHERE TO
FIND HELP

WHEN
YOU WANT
TO QUIT

Tobacco Cessation Resources

Statewide

Hawai'i Tobacco Quitline

hawaiiquitline.org
FREE confidential quit support for tobacco & vapes by phone, online & text. FREE nicotine patches, gum & lozenges.

Call today: 1-800-QUIT-NOW or 1-800-784-8669

Special programs for pregnant & new moms, those with depression, anxiety, bi-polar, schizophrenia & more.

Hawai'i State Department of Health Tobacco Prevention and Control Section

(808) 586-4613
hawaii.gov/health/tobacco/
Email: MuhammadAnwar.Quadri@doh.hawaii.gov

Youth Resources

My Life, My Quit Hawai'i

hawaii.mylifemyquit.org
FREE confidential vaping quit support for youth. Sign up today! Call (855) 891-9989 Text "Start My Quit" to 36072

American Lung Association

lung.org/about-us/contact-us/hawaii

Campaign for Tobacco-Free Kids

tobaccofreekids.org/

National Cancer Institute (NCI)

Smoke Free Teen
teen.smokefree.gov
Text "QUIT" to 47848

Truth Initiative

truthinitiative.org

Military

CanQuit2

ycq2.org
Cessation services for U.S. military members. Online program with 24/7 live chat & trained coaches.

Tobacco Cessation TRICARE

tricare.mil/tobaccocessation
Offers counseling, tobacco cessation medications, and support for active duty military & dependents.

Marine Corps Community Services Hawai'i Health Promotion Program Tobacco Cessation Classes

For active duty, retired military & dependents. (808) 254-7636

NMRTC Pearl Harbor Naval Health Clinic Hawai'i Health Promotion Tobacco Use Cessation Program

For active duty, retired military & dependents. 480 Central Ave Pearl Harbor, HI 96860 (808) 471-2280

U.S. Coast Guard

For Coast Guard members & dependents. 400 Sand Island Pkwy Honolulu, HI 96819 (808) 842-2088

Department of Veterans Affairs, Pacific Islands Health Care System

va.gov/pacific-islands-health-care/
4485 Pahee Street, STE 150 Lihue, HI 96766 (808) 246-0497 and (808) 245-4154

O'ahu

American Lung Association Freedom From Smoking (FFS)

201 Merchant Street, STE 901 Honolulu, HI 96813 (808) 537-5966
lung.org/about-us/contact-us/hawaii

Hawai'i Health & Harm Reduction Center (LGBT+)

Hawaii's Last Drag: Quit Tobacco Program 677 Ala Moana Blvd Honolulu, HI 96813 (808) 521-2437

Ko'olauloa Community Health Center

56-119 Pualalea St Kahuku, HI 96731 (808) 293-9231
koolauloachc.org

Waikiki Health Tobacco Cessation Program

Ohua Ave Clinic 277 Ohua Ave Honolulu, HI 96815 (808) 922-4787

Waikiki Health Makahiki Medical & Dental Clinic

935 Makahiki Way Honolulu, HI 96822 (808) 537-8384

Waikiki Health PATH Clinic Perinatal Addiction Treatment of Hawai'i

Baby & Me Tobacco-Free Program 845 22nd Ave Honolulu, HI 96816 (808) 791-9390

Wa'anae Coast Comprehensive Health Center

E Mālama I Kou Hā Tobacco Cessation Program 86-260 Farrington Highway Waianae, HI 96792 (808) 697-3599
wcchc.com

Waimanalo Health Center Hanu A Ola Tobacco & Smoking Cessation Program

41-1295 Kalaniana'ole Hwy Waimanalo, HI 96795 (808) 259-7948
waimanalohealth.org

Wahiawā Health

302 California Ave Wahiawa, HI 96786 (808) 622-1618
wahiawahealth.org/services/quit-tobacco-program

I Ola Lāhū'i, Honolulu Branch

Tobacco Dependence Treatment Program 1441 Kapiolani Blvd, Ste 1802 Honolulu, HI 96814 (808) 525-6255

Kaiser Permanente

Tobacco Free Program For Kaiser members only. 1010 Pensacola St Honolulu, HI 96814 (808) 643-4622

Kalihi-Palama Health Center

Living Well Hawaii Project 915 North King St Honolulu, HI 96817 (808) 848-1438

Kapi'olani Medical Center for Women & Children

Kapi'olani Smokefree Families 1319 Punahou St Honolulu, HI 96826
smokefreefamilies@kapiolani.org (808)-983-6013

Kōkua Kalihi Valley Comprehensive Family Services

Breathe Kalihi 2239 N School St Honolulu, HI 96819 (808) 791-9425
kkv.net

Hawai'i Island

Hamakua-Kohala Health Center

Tobacco Cessation Program 45-549 Plumeria St Honokaa, HI 96727 (808) 937-9979

Big Island Substance Abuse Council (BISAC)

Smoking Cessation Program 16-179 Melekahiwa St Keaau, HI 96749 (808) 969-9994

Hawai'i Island Community Health Center

E Hanu Tobacco Program 75-5751 Kuakini Hwy Kailua-Kona, HI 96740
hicommunityhealthcenter.org

Kaua'i

Ho'ola Lahui Hawai'i, Native Hawaiian Healthcare Systems

Kaua'i Community Health Center 4491 Rice St Unit 106 Lihue, HI 96766 (808) 652-4428

Mālama Pono Health Services

4370 Kukui Grove St, Suite 3-115 Lihue, HI 96766 (808) 246-9577
mphskauai.org/tobacco-cessation

Lāna'i

Lāna'i Community Health Center E Hanu Lāna'i

Tobacco Cessation Program 333 Sixth St Lanai City, HI 96763 (808) 565-6919

Coalition for a Drug Free Lāna'i

730 Lanai Ave Ste #108 Lanai City, HI 96763 (909) 565-6043

Maui

Mālama I Ke Ola Health Center

1881 Nani St Wailuku, HI 96793 (808) 872-4068
ccmaui.org

Moloka'i

Nā Pu'uwai, Native Hawaiian Health Care Systems

604 Maunaloa Hwy Bldg C Kaunakakai, HI 96748 (808) 560-3653

I Ola Lāhūi, Hanu Moloka'i

1441 Kapiolani Blvd. #1802 Honolulu, HI 96814 (808) 213-4404

Nationwide

Asian Smokers' Quitline

asiansmokersquitline.org
FREE tobacco quit services

- Phone & online counseling
- Support materials
- Nicotine patches

Call Monday-Friday 7am-9pm Pacific Time
Services in:

Cantonese & Mandarin
廣東話 & 官話
1-800-838-8917
Korean 한국어
1-800-556-5564
Vietnamese tiếng Việt
1-800-778-8440