

# 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](https://www.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/](https://www.cdc.gov/tobacco/)

## American Cancer Society

(800) 227-2345  
[cancer.org](https://www.cancer.org)

## American Heart Association

(800) 242-8721  
[heart.org/en/healthy-living/healthy-lifestyle/quit-smoking-tobacco](https://www.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) 537-5966  
[freedomfromsmoking.org](https://www.freedomfromsmoking.org)  
[ala-hawaii.org](https://www.ala-hawaii.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](https://www.acog.org/topics/smoking-cessation)

## Medicaid Tobacco Cessation Resources

### Aloha Care

(887) 973-0712  
[alohacare.org](https://www.alohacare.org)

### Hawai'i Medical Service Association (HMSA)

(800) 440-0640  
[hmsa.com/QUEST](https://www.hmsa.com/QUEST)

### Kaiser Permanente

(800) 651-2237  
[kpquest.org](https://www.kpquest.org)

### ʻOhana Health Plan

(888) 846-4262  
[ohanahealthplan.com](https://www.ohanahealthplan.com)

### United Healthcare Community Plan

(888) 980-8728  
[uhccommunityplan.com](https://www.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

## NONDISCRIMINATION 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](mailto:doh.nondiscrimination@doh.hawaii.gov), or visit HDOH's website at <http://health.hawaii.gov>.

This publication is supported by Cooperative Agreement Number 6 U58DP006789-01-01 from the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC.

The Tobacco Prevention & Control Section of the Hawai'i State Department of Health is funded in part by the Centers for Disease Control and Prevention (CDC) Office on Smoking and Health (OSH) National and State Tobacco Control Program.

April 2024|XX Copies



# 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](http://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

[hawaii.gov/health/tobacco/](http://hawaii.gov/health/tobacco/)

(808) 586-4613

Email: [doh.tobaccoprevention@doh.hawaii.gov](mailto:doh.tobaccoprevention@doh.hawaii.gov)

## Nationwide

### Asian Smokers' Quitline

[asiansmokersquitline.org](http://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

## Youth Resources

### My Life, My Quit Hawai'i

[hawaii.mylifemyquit.org](http://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

<https://www.lung.org/about-us/contact-us/hawaii>

### Campaign for Tobacco-Free Kids

[tobaccofreekids.org/](http://tobaccofreekids.org/)

### National Cancer Institute (NCI)

Smoke Free Teen

[teen.smokefree.gov](http://teen.smokefree.gov)

Text "QUIT" to 47848

### Truth Initiative

[truthinitiative.org](http://truthinitiative.org)

## Military

### CanQuit2

[ycq2.org](http://ycq2.org)

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

### Tobacco Cessation TRICARE

[tricare.mil/tobacco cessation](http://tricare.mil/tobacco cessation)

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/](http://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

1050 Queen St., Ste 100  
Honolulu, HI 96814  
(808) 537-5966

[lung.org/about-us/contact-us/hawaii](http://lung.org/about-us/contact-us/hawaii)

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

Hawai'i'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](http://koolauloachc.org)

### Waikiki Health

Tobacco Cessation Program  
Waikiki Health 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

### Wai'anae Coast Comprehensive Health Center

E Mālama I Kou Hā  
Tobacco Cessation Program  
86-260 Farrington Highway  
Wai'anae, HI 96792  
(808) 697-3599  
[wcchc.com](http://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](http://waimanalohealth.org)

### Wahiawā Health

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

### I Ola Lāhui 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](mailto: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](http://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 Cessation Program  
75-5751 Kuakini Hwy  
Kailua-Kona, HI 96740  
[hicommunityhealthcenter.org](http://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, Ste 3-115  
Lihue, HI 96766  
(808) 246-9577  
[mphskauai.org/tobacco-cessation](http://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 ext. 121

### 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](http://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 Lāhui - Hanu Moloka'i

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