



Resources to Help You Quit Tobacco Use



TONI N. HARP, MAYOR

1-800-Quit-Now

The CT Quit line is a **free** telephone service that offers counseling and information to help you quit the use of tobacco. The Quit Line can answer your questions and give you support to stop using tobacco. A trained Quit Coach will help you create your own Quit Plan. You will also get Quit Guides that are full of tips and information to help you stay on track.

Worried About Cravings?

Your Quit Coach will help you decide if the nicotine patch, nicotine gum, or other medication will work for you.

Your Quit Coach can refer you to programs in New Haven that can help you stop the use of tobacco.

The CT Quit line is open 7 days a week 24 hours a day.
English and Spanish-speaking coaches are available.

Programs to Help You Quit Tobacco Use

Cornell Scott-Hill Health Center

400 Columbus Avenue
New Haven, CT 06519
(203) 503-3245

Fair Haven Community Health Center, Inc.

374 Grand Avenue
New Haven, CT 06513
(203) 777-7411

Yale-New Haven Hospital St. Raphael's Campus & York Street Campus

1450 Chapel Street
New Haven, CT 06511
(203) 974-5759

Yale-New Haven Hospital Occupational Health (City of New Haven Employees)

200 Orchard Street, Suite 202
New Haven, CT 06511
(203) 500-2237

Yale-New Haven Hospital Occupational Health (YNHH Employees)

200 Orchard Street, Suite 404
New Haven, CT 06511
(203) 789-6256

Yale University Being Well At Yale (Yale University Employees)

55 Lock Street
New Haven, CT 06520
(203) 436-5484

Did You Know?

Most medical insurance plans now cover nicotine patches, nicotine gum, medication, and counseling to help you quit tobacco use.