

SMOKING AND TOBACCO CESSATION RESOURCES

AMERICAN LUNG ASSOCIATION

<https://www.lung.org/>

Quit Line: (800) LUNGUSA / (800) 586-4872 English and Spanish

Freedom From Smoking Online Program

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

Helping Teens Quit

<https://www.lung.org/quit-smoking/helping-teens-quit>

CENTERS FOR DISEASE CONTROL AND PREVENTION

Tips From Former Smokers

<https://www.cdc.gov/tobacco/campaign/tips/index.html>

GRANDE RONDE HOSPITAL AND CLINICS

<https://www.grh.org>

Services: Alternative Treatments like Chantix, Community Health Worker Tobacco Cessation Pathways

Grande Ronde Hospital

900 Sunset Drive, La Grande, OR 97850

(541) 963-8421

Regional Medical Clinic

506 Fourth Street, La Grande, OR 97850

(541) 663-3138

Elgin Clinic GRH

570 S. 8th Avenue, Elgin, OR 97827

(541) 437-2273

Union Clinic GRH

142 E. Dearborn Street, Union, OR 97883

(541) 562-6180

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Urgent Care & Walk-In Clinic

10303 S. Walton Road, La Grande, OR 97850
(541) 962-QUIK / (541-962-7845)

NATIONAL CANCER INSTITUTE (NCI)

<https://cancercontrol.cancer.gov/brp/tcrb/smoking-cessation>

Quit Line: (877) 44U-QUIT / (877) 448-7848 English and Spanish

OREGON TOBACCO QUIT LINE

<https://www.quitnow.net/mve/quitnow?qnclient=oregon>

English: (800) QUIT-NOW / (800) 784-8669

Español: (877) 266-3863

This free service is available to all Oregon residents who want to stop using tobacco. The Quit Line offers information on quitting, one-on-one phone counseling and referrals.

SAINT ALPHONSUS MEDICAL CENTER

<https://www.saintalphonsus.org/specialty/tobacco-free-living/>

3325 Pocahontas Road, Baker City, OR 97814
(541) 523-6461

351 SW 9th Street, Ontario, OR 97914
(541) 881-7000

1055 N Curtis Road, Boise, ID 83706
(208) 367-4096

SMOKE FREE

<https://www.smokefree.gov>

Tobacco Cessation Information Specific to Seniors

<https://60plus.smokefree.gov/>

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Tobacco Cessation Information in Spanish

<https://espanol.smokefree.gov/>

Tobacco Cessation Information specific to Teens

<https://teen.smokefree.gov/>

Tobacco Cessation Information Specific to Veterans

<https://smokefree.gov/veterans>

Tobacco Cessation Information Specific to Women

<https://women.smokefree.gov/>

Quitting While Pregnant

<https://women.smokefree.gov/pregnancy-motherhood/quitting-while-pregnant>

Explore Free Text Messaging Programs

<https://smokefree.gov/smokefree-text-messaging-programs>

ST. LUKE'S CLINIC - EASTERN OREGON MEDICAL ASSOCIATES

<https://www.stlukesonline.org/communities-and-locations/facilities/clinics/st-lukes-clinic--eastern-oregon-medical-associates>

3950 17th Street, Baker City, OR 97814

(541) 523-1001

TM COUNSELING AND CONSULTING

https://www.drug-rehabs.org/rehab-center/TM-Counseling-and-Consulting_Pendleton_OR.htm

920 SW Frazer Street, Pendleton, OR 97801

(541) 276-1022

ALCOHOLICS ANONYMOUS (AA) INFORMATION

AA.org

<https://www.aa.org/>