

Yakima County Cessation Services July 2010

Group Counseling

Stop Smoking Clinics- 7th Day Adventist

On demand clinics available for individuals or groups. There is no charge.
Sunnyside- Contact Larry Mays (509) 837-4233.

Alternative Methods

Renaissance of the Heart

Individual, stress-free therapy to release and heal the thoughts and feelings behind smoking. Once these feelings have been eliminated, clients no longer feel the need to smoke, thus eliminating withdrawal. There is a charge for this service.
Contact Dr. Mary Pelicer (509) 965-4502

Hypnosis

Hypnosis methods vary a great deal, which makes it hard to study as a way to quit tobacco. In general, reviews that looked at studies of hypnosis to help people quit smoking have not supported it as a quitting method that works. Even less study has been done on hypnosis as a way to quit smokeless tobacco. Still, it might be useful for some people. If you are interested in trying it, ask your doctor if he or she can recommend a good hypnotherapist.

Acupuncture

This has also been used for quitting tobacco, but there little evidence to show that it works. It involves inserting small needles into the skin, usually around the ears.

Phone and On-Line Assistance

Lung Help Line

Call 800-LUNGUSA or visit www.lungusa.org
Speak to qualified specialists about lung health concerns or submit a question online.
Click on the "Lung Helpline" on the left menu.

Freedom from Smoking

www.lungusa.org
Register at the ALA website for Freedom From Smoking. Under "Quit Smoking" tab, click "FFS Online Program" on the left menu. Follow the prompts to set up an account. Offers online counseling and education about smoking and cessation.

Washington State Tobacco Quit Line

Call 800-QUIT NOW or visit www.quitline.com

In Spanish: 877-2NO FUME (877-266-3863)