



## Resources Guide

Free Telephone Coaching



Free Nicotine Patches/ Gum



Free Face- to- Face Support



Text Support



Online Community support



Quit Plans



*For further assistance,  
please contact an  
outreach worker  
at 267-359-6245.*

## Quit Smoking Resources by Location

### West Philadelphia

#### Harron Lung Center

Penn Medicine University City 10th Floor  
3737 Market Street  
800-789-PENN (7366)  
[www.pennmedicine.org/for-patients-and-visitors/find-a-program-or-service/harron-lung-center/smoking-cessation-program](http://www.pennmedicine.org/for-patients-and-visitors/find-a-program-or-service/harron-lung-center/smoking-cessation-program)



#### Perelman Center for Advanced Medicine: West Pavilion, 1st Floor

3400 Civic Center Boulevard  
800-789-PENN (7366)



#### Penn Presbyterian Medical Center Philadelphia Heart Institute, 1st Floor

51 N. 39th Street  
888.736.6786



#### Quit Smoking Comfortably Mercy Philadelphia Hospital

501 S. 54th Street  
215-748-9600  
[www.mercyhealth.org/services/respiratory/smoking-cessation/](http://www.mercyhealth.org/services/respiratory/smoking-cessation/)



### Online/Telephone Resources

#### Health Federation of Philadelphia

215-246-5584  
[www.smokefreephilly.org](http://www.smokefreephilly.org)



#### EX Community

[www.community.becomeanex.org/](http://www.community.becomeanex.org/)



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



#### 12- Step Nicotine Anonymous

1-877-TRY-NICA (1-877-879-6422)  
[www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)



1-800-QUIT-Now (1-800-784-8669)  
1-855-DEJELO-Ya (1-855-335-3569)



#### SmokeFREE TXT

Text 'Quit' to I-QUIT (47848)  
[www.text2quit.com](http://www.text2quit.com)

