

Hawai'i Island

Hawai'i Community Health Center.

East Side Tobacco Cessation. 18 or older
Hilo, Keaau, Pahoa, and Kau
Judith Beaver – Tobacco Treatment Specialist
Call [808-333-3504](tel:808-333-3504)

West Side Tobacco Cessation. 18 or older
Waikoloa, Kealakehe, Kailua-Kona, and Kealahou
Nathan Hakeem – Tobacco Treatment Specialist
Call [808-640-9566](tel:808-640-9566)

Teen Vaping Education

Free online program for teen vaping education

- <https://mededucation.stanford.edu/vaping-prevention-registration/>
- Complete all activities and knowledge assessments
- Celebrate a job well done!

Big Island Substance Abuse Council: BISAC Smoking Cessation Program. 21 years or older.
16-179 Melekauiwa Street Kea'au, Hawai'i 96749 <http://www.bisac.org/>
Richard Sandowski – Tobacco Cessation Coordinator (808) 969-9994 or (808) 935-0077

Ha-ma-kua-Kohala Health Center Tobacco Cessation Program. 18 and over. 45-549 Plumeria Street Honokaa, Hawai'i 96727 (808) 937-9979 <https://hamakua-health.org/tobacco-vape-treatment-program/>

Additional Resources

Hawai'i Tobacco Quitline. 18 years and older. Telephone, web-based, and e-chat programs Free Nicotine Replacement Therapy (NRT) (patches, lozenges, or gum) - based on insurance status and medical eligibility Free 2-week NRT Starter Kit 1-800-QUIT-NOW or 1-800-784-8669 <https://www.hawaiiquitline.org/>

The Hawai'i Tobacco Quitline (HTQL) is a FREE confidential and convenient telephone and online (web, text, and e-mail) service to help individuals quit tobacco and vaping. General and custom programs for adults, young adults, youth, pregnant and postpartum women, and persons with behavioral health issues. Referral to community services also provided. Specialized coaches available 24 hours/7 days per week.

Youth

Hawaii Tobacco Quitline: My Life, My Quit. 17 years or younger.
<https://hawaii.mylifemyquit.org/>

Dedicated toll-free number for youth: 955-891-9989 Text-to-enroll option: text "Start My Quit" to 36072

National Cancer Institute (NCI) Smokefree. <https://teen.smokefree.gov/>
smokefree text for teens: QUIT to 4784