

Stop Smoking!

Resources and Support Groups



**Jeffers,
Mann &
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Pediatric**
and Adolescent
Medicine, P.A.

Did you know that secondhand smoke triggers asthma? It can damage your child's lungs and make breathing even harder. Kids who are around smokers often have more asthma flare-ups and their asthma is harder to control.

Quitting is a smart move for both you and your child. You don't have to do it alone! Here are a variety of resources that can help.

Raleigh Area

American Cancer Society -

(Raleigh office) 919-334-5218 or 1-800-ACS-2345
8300 Health Park, Suite 10 Raleigh, NC 27615 www.cancer.org.
Search for "How to Quit Smoking" and "Quit Smoking Plan."

North Carolina Tobacco Prevention and Control Branch of Department of Health and Human Services -

919-707-5400 • 1932 Mail Service Center, Raleigh, NC 27699
www.tobaccopreventionandcontrol.ncdhhs.gov
Information includes video that shares quitting tips and
resources for individuals seeking advice on quitting tobacco.

Clayton Area

Johnston County Health Department -

919-989-5200 • 517 North Brightleaf Blvd Smithfield, NC 27577
Call for smoking cessation class schedule.

Chapel Hill

Quit Now NC!

919-969-7022 or 1-866-919-7848
88 Vilcom Circle, Suite 110 Chapel Hill, NC 27514
www.quitnow.net/northcarolina. Information includes patient
education and worksite wellness. Experienced professional
quit coaches assist with patient education/follow-up.

Online Resources

NC Tobacco Use Quitline -

1-800-QUIT-NOW (1-800-784-8669) www.quitlinenc.com
Email: quitlinenc@ncmail.net. Free and confidential.
Available 24/7. Trained quit coaches help people to quit and
call them back, upon request.

TRU -

(Tobacco. Reality. Unfiltered.)
NC Health and Wellness Fund • www.tru.nc.gov
Email: realityunfiltered.nc@healthwellnc.com
Adolescent health and smoking effects for teenagers and tips
on how to quit smoking.

American Lung Association North Carolina -

Stop Smoking resources including Smoking Facts, I Want to
Quit, Join Freedom from Smoking.
NC office Email: alanc@lung.org
www.lung.org/stop-smoking



Medical
records access



Request an
appointment



Ask our
staff



Prescription
refill requests



Fill out forms
in advance

ONLINE RESOURCES AT WWW.JEFFERSANDMANN.COM

Find us on 

Raleigh (919) 786-5001
Clayton (919) 359-3500
Cary (919) 852-0177
West Cary (919) 388-7520
Wake Forest (919) 453-5363
Holly Springs (919) 586-0050

WE ARE HERE TO HELP

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