



RESOURCES FOR TOBACCO, ALCOHOL & DRUG INFO

| Organization/Contact Information | Description |
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| General Information | |
| UVa Health Resource Center Email uvahrc@virginia.edu or 924-5000 or 1-877-809-9010 | UVa’s consumer health information center providing resources for the lay reader, located in the lobby of Hospital West. |
| (CDC) Centers for Disease Control and Prevention http://www.cdc.gov | CDC is recognized as the lead federal agency for protecting the health and safety of people. |
| “Monticello Avenue” Sponsored by the local Library system in each county – http://avenue.org/ | Local community information network of services and resources. Libraries have free computer access and help with resources. |
| MedlinePlus http://www.medlineplus.gov/ | The National Library of Medicine - A good place to start a web search on any topic |
| Region Ten Community Services Board (CSB) – 972-1800 or www.regionten.org | Provides services for mental health and addiction issues and can direct to other CSBs in Virginia. |
| Micromedex – search on Alcohol Abuse, Smoking Cessation or Narcotic Abuse | Aftercare instructions are more simple and shorter than Discharge instructions – staff can access through Micromedex icon on hospital computer |
| Tobacco/Smoking | |
| SmokeFree Virginia www.smokefreevirginia.org 1-800-QUITNOW (784-8669) for a free 24/7 quit line in Eng & Spanish | A website maintained by Virginia Dept of Health and the Alliance for the Prevention and Treatment of Nicotine Addition providing information and resources for Virginia. |
| QuitNet www.quitnet.org Resources in English & Spanish | A website maintained by the Boston University School of Public Health with quitting guides and an online support community. |
| ACS www.cancer.org American Cancer Society 1-877-724-1090 for a free English & Spanish quit line | The ACS provides smoking education, prevention, and cessation programs and distributes materials on smoking. Your phone book lists local chapters. |
| AHA www.americanheart.org American Heart Association 1-800-AHA-USA1 | The AHA promotes smoking intervention programs in various settings and offers resources. Your phone book lists local chapters. |
| ALA www.lungusa.org American Lung Association 1-800-LUNG-USA Web and Better Breathers programs | The ALA conducts programs and provides educational materials on smoking cessation, for the public and health care providers. Your phone book lists local chapters. |
| Alcohol & Drugs | |
| National Clearinghouse for Alcohol and Drug Information http://www.health.org/ | National source for preventing and treating alcohol and drug abuse in families, schools and the workplace |
| Alcoholics Anonymous at 293-6565 www.alcoholics-anonymous.org | Provides information about local AA and other addiction meetings |