



VA San Diego Healthcare System Tobacco Use Cessation Programs

Tobacco Cessation Groups

- Meet weekly for 60 minutes
- You can start attending at any time
- You will receive counseling on behavior change, support and medications to help you stop using tobacco
- These are drop-in groups: **No referral or appointment is needed.**
- There is **no co-pay** for attending tobacco cessation treatment

We are currently offering group participation by Video and Telephone conference only.

NO APPOINTMENT IS REQUIRED; VETERANS CAN ATTEND ANY GROUP; *please contact listed group leader prior to your first group and provide your name and last 4 of social security to facilitate privacy and to receive a link to the video connection if you would like to join by video.*

-La Jolla: Meets every Tuesday, 12:00 – 1:00 pm
Contact: Dr. Mark Myers 858 642-3436

-Mission Valley: Meets every Tuesday from 1–2 pm,
Contact: Dr. Mark Myers 858 642-3436

-Oceanside: Meets every Monday from 1–2 pm.
Contact: Dr. Nathasha Correa (760) 643-4479

-Chula Vista: Meets every Thursday from 1-2pm.
Contact: Dr. Brenton Roman 619-892-9857

Pharmacy Telephone Tobacco Cessation Clinic

The Pharmacy Telephone Clinic provides telephone counseling and medications for quitting tobacco use.

To enroll call: **1-800-331-8387 x3903 or 858-642-3903**

VA Nationwide Resources

Telephone counseling: 1-855-QUIT-VET

Text Quit Program: <https://smokefree.gov/smokefreevet>

Online: <https://www.mentalhealth.va.gov/quit-tobacco/>

<https://smokefree.gov/veterans>

