VA San Diego Healthcare System
Tobacco Use Cessation Programs

Tobacco Cessation Classes

- 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.**
- Check-in and make appointment when you arrive.
- **There is no co-pay for attending tobacco cessation treatment**

Mission Valley
   Every **Tuesday 1:00-2:00 pm**, second floor, Room 2141
   Check in at mental health clinic window

Oceanside
   Every **Monday, 1:00–2:00 pm**, Oceanside, 2nd floor, Conference Room A.
   Check in at blue primary care clinic desk

Chula Vista
   Every **Wednesday, 5:00–6:00 pm**, Chula Vista, Suite 133
   Check in at primary care clinic window

La Jolla
   Every **Tuesday, 9:30-10:30 am**, La Jolla 2-North, Room 2436.
   Check in at mental health clinic window (2-North)

   Every **Tuesday, 12:00 – 1:00 pm**, La Jolla 2-North, Room 2436.
   Check in at mental health clinic window (2-North)

Questions? Call Dr. Mark Myers, 858-642-3436

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](https://smokefree.gov/smokefreevet)
Online: [www.publichealth.va.gov/smoking](http://www.publichealth.va.gov/smoking)  [https://smokefree.gov/veterans](https://smokefree.gov/veterans)