



## VA San Diego Healthcare System Tobacco Use Treatment Programs

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### Tobacco Treatment 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 Telehealth 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*

#### GROUPS:

Every Tuesday, 1 – 2 pm,	Contact: Dr. Rebecca Greco 619-497-8236
Every Wednesday, 4 – 5 pm.	Contact: Dr. Brenton Roman 619-892-9857
Every Friday, 12 – 1 pm,	Contact: Dr. Neal Doran 858-552-8585 x2421

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### Pharmacy Telephone Tobacco Treatment 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**

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### 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>

