



RESOURCES FOR TOBACCO, ALCOHOL & DRUG INFO

Organization/Contact Information	Description
General Information	
BodyTalk Email bodytalk@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.
Centers for Disease Control and Prevention (CDC) http://www.cdc.gov	CDC is recognized as the lead federal agency for protecting the health and safety of people.
Micromedex – search on Alcohol Abuse, Smoking Cessation or Narcotic Abuse	Aftercare instructions are more simple and shorter than Discharge instructions – access through Micromedex icon on computer bottom
“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.
<u>MedlinePlus</u> 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.
Tobacco/Smoking	
AT UVa – Michelle Dumont, RRT PIC 3710 mkm4d@virginia.edu	Call or email for one-on-one or group counseling, handouts, appropriate follow-up
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 Clearing house for information about 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