

Tobacco Treatment Resources* for Kaua'i

Hawai'i Tobacco Quitline

Monday to Friday 3:00 am to 9:00 pm
Saturday & Sunday 3:00 am to 6:00 pm

- Free counseling
- Nicotine patch and gum free for uninsured

1-800-QUIT-NOW

(1-800-784-8669)

American Cancer Society

4371C Pauole Street
Līhu`e, HI 96766

- Free ACS cessation literature, referral service

246-0695

American Lung Association (ALA)

2992 Umi Street
Līhu`e, HI 96766

- Phone counseling
- Individual counseling by appointment
- Group counseling requires four or more participants for 8 week program (ALA Freedom from Smoking program)
- NOT on Tobacco (youth program)
- NRT not provided

245-4142

(Contact: Rebecca Smith)

Child & Family Services

c/o Nana's House
9875 B Waimea Road
Waimea, HI 96796

338-0252

(Contact: Shantel Santiago)

Ho'ōla Lāhui Hawai'i

Native Hawaiian Health Care System

- Pau Tobacco Program
Monday to Friday 8:00 am - 4:30 pm
- Free individual counseling
- Group counseling can be arranged
- Structured exercise classes
- Free NRT dispensed while funding lasts
- Tobacco Cessation Services only provided to registered clients of Ho'ōla Lāhui Hawai'i / Kaua'i Community Health Center

240-0192

(Contact: Charlotte Nash)

Kaua'i Community Health Center Kapa`a Clinic

4800 Kawaihau Rd
Kapa`a, HI 96746

Monday - Friday 8:00 am - 4:30pm

240-0170

Kaua'i Community Health Center, Waimea Clinic

4643-B Waimea Canyon Drive
Waimea, Hawaii 96796

Monday - Friday 8:00 am - 4:30 pm

240-0140

Kaiser Permanente

- Free & Clear phone based counseling
- \$25 registration fee refundable if client participates in all 5 appointments

1-800-292-2336

YOUTH PROGRAMS

• Kapa`a High School

4695 Mailihuna Street
Kapa`a, HI 96746

Student Center Room 11

- Alternative to Suspension Program
- Tobacco Education, Prevention and Cessation Services
- American Lung Association NOT and WOM programs

821-4401, ext. 140

(Contact: Valerie Saiki)

• Waimea High School

9707 Tsuchiya Road
Waimea, HI 96796

Classroom U-209

- Alternative to Suspension Program
- Tobacco Education, Prevention and Cessation Services
- American Lung Association NOT and WOM programs

338-6800

(Contact: Rebecca Smith)

*This list is provided as a community resource. It does not imply endorsement of any of the services.

Quick Reference: Medicines that help you quit smoking

Type of Medicine	Brand Names	Do I need a doctor's prescription?	Cost (may vary by island)	Where can I get it?	Other benefits
Pill	Zyban also called: Wellbutrin, and bupropion SR	Yes	\$55 to \$86 for one month's supply of 60 pills	Your doctor	Lessens cravings and weight gain.
	Chantix also called: varenicline	Yes	\$100 to \$170 per month, treatment usually lasts 3 months	Your doctor	Eases symptoms of quitting.
Gum	Nicorette, Nicorette DS, Nicorette Mint	No	\$29 for 48 pieces \$50 for 108 pieces \$68 for 190 pieces	Drugstores, Pharmacies, Tobacco Quit Line	Easy to use.
Patch	Habitrol, Nicoderm CQ, Nicotrol, ProStep	No	\$17 to \$35 for one week's supply	Drugstores, Pharmacies, Tobacco Quit Line	Easy to use.
Inhaler	Nictorol IN	Yes	\$50 for inhaler mouth piece and 48 cartridges	Your doctor	Works quicker than the gum.
Spray	Nicotrol NS	Yes	\$36 for one week's supply	Your doctor	Eases symptoms of quitting.
Lozenge	Commit	No	\$40 for 72 pieces	Drugstores, Pharmacies	Easy to use.

These medicines can double the chance of quitting when used with counseling and support with lifestyle changes.



Ho'ōla Lāhui Hawai'i • Phone: (808) 240-0192