

Quit Smoking at Stanford



Stanford Tobacco Cessation Program

Quitting smoking is not an easy task. The Tobacco Cessation Program at Stanford Health Care focuses on providing the latest comprehensive, individualized, evidence-based treatment to help patients quit smoking or tobacco. The Program is covered by most insurance plans (except MediCal) and includes:

- One-on-one meeting to build motivation and develop an individualized treatment plan
- Group behavioral therapy
- Mindfulness skills coaching
- Support and education
- Streamlined referral for nicotine replacement therapy and medications

Director: Matthew Kendra, PhD

Location: Stanford University School of Medicine
401 Quarry Road
Stanford, CA

For information call: 650-498-9111
Select option 2 to join

Providers – Refer a patient in EPIC:

- Open **Order Entry**
- Type “Smoking” or “Tobacco”
- Select **Smoking** (Referral to Psychiatry)
- Select the button: **Psychiatry-Tobacco Cessation Program**
- Sign and close



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