

# MAKE 2018 YOUR YEAR TO QUIT SMOKING!!!

## CALL STOPP SMOKING HELPLINE

**1-800-540-6775 or (209) 468-2415**

July 2018

| AGENCY/CONTACT   | TIMES                                       | LANGUAGE   | REGISTRATION  | TARGET          | COST                          |
|--|---|--|---|-----------------|-------------------------------|
| <b>Phone Counseling</b>  |   |  |   |                 |                               |
| <b>California Smokers Helpline</b><br>(State-funded Program)<br>1(800) NO-BUTTS or 1(800) 662-8887<br>Cantonese 1-800-838-8917<br>Korean 1-800-556-5564<br>Mandarin 1-800-838-8917<br>Spanish 1-800-456-6386<br>Vietnamese 1-800-778-8440<br>TDD/TTY 1-800-933-4TDD (4833) | M-F 7am-9:30pm<br>Sat/Sun 9am-5pm           | English<br>Spanish<br>Korean<br>Chinese/Vietnamese<br>[other languages are available through a translator service] | Free literature by mail;<br>Free counseling session by phone.                               | Youths & Adults | No Cost                       |
| <b>American Cancer Society</b><br>1(800) 227-2345<br>Information and Guidance  | Available<br>24 Hour/day<br>7 Days/Week     | English & Spanish<br>[other languages are available through a translator service]                                  | Resource for referrals and educational materials only.<br>Free counseling session by phone. | Youths & Adults | No Cost                       |
| <b>American Lung Association</b><br>1(800) 548-8252  | Helpline 7am-7pm;<br>24/7 Free Online Class | English<br>Spanish   | Call for referrals to other programs<br>Or get trained to facilitate programs.              | Youths & Adults | No Cost                       |
| <b>SmokeFree.gov</b><br>1-877-44U-QUIT (1-877-448-7848)<br>1-800-QUIT-NOW (1-800-784-8669)   | M-F 7am-9:30pm<br>Sat/Sun 9am-5pm           | English<br>Spanish   | Visit Website or call for counseling and educational resources<br>Text QUIT to 47848        | Youths & Adults | No Cost                       |
| <b>Kaiser Permanente: APPT Wellness Smoking</b><br><b>1-866-251-4514</b>   | Available<br>24 Hour/day<br>7 Days/Week     | English & Spanish<br>[other languages are available through a translator service]                                  | Call for more information on services.  | Youths & Adults | Members Only                  |
| <b>Local Clinics</b>   |   |  |   |                 |                               |
| <b>Sutter Gould Health Education</b><br>(209) 952-1455<br>2505 W. Hammer Lane, Stockton  | Call for Information on class times         | English  | Referral is needed for service. Call for dates of next session.                             | Youths & Adults | Free                          |
| <b>Sutter Tracy Community Hospital</b><br>(209) 832-6047<br>1420 N. Tracy Blvd., Tracy   | Call for Information on class times         | English  | Call for more information on services.  | Youths & Adults | Free                          |
| <b>Lodi Memorial Hospital</b><br>(209) 339-7445<br>975 S. Fairmont Ave. Lodi, California 9524  | Wednesdays<br>4.00-5.00 P.M                 | English  | Call to Sign-up for the class.  | Adults          | Free                          |
| <b>LIFE LINE - Center for Improved Living</b><br>(805) 975-3630<br>842 West Lodi Avenue, Lodi, CA 95240  | Call for information on class times.        | English  | Call for more information and to schedule classes.  | Youths & Adults | \$400 (\$50/week for 8 weeks) |
| <b>Easy Key To Life</b><br>(866) 326-3279<br>(209) 910-3279  | Call for appointment information            | English<br>Spanish   | Call to schedule a session.   | Youth & Adults  | \$160 per person              |
| <b>School Services</b>   |   |  |   |                 |                               |
| <b>Stockton Unified School District*</b><br>Jennifer Robles (209) 933-7130 ext. 2617   | Call for Information                        | English<br>Spanish   | Call for more information and to schedule classes.  | SUSD Students   | No Cost                       |
| <b>Manteca Unified School District*</b><br>Francisca Montes (209) 858-0782   | Call for information                        | English  | Students should speak to their school counselor.  | MUSD Students   | No Cost                       |

\* Resources for school students only






# ARE YOU READY FOR A SMOKE-FREE 2018?

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### Smartphone Users

| APP   | AGENCY  | LANGUAGE | REGISTRATION  | iPhone                    | Android |
|---|---|----------|---|---------------------------|---------|
|  | National Cancer Institute   | English  | QuitSTART App is a product of Smokefree Teen (SfT)—a smoking cessation resource for teens created by the Tobacco Control Research Branch at the National Cancer Institute in collaboration with tobacco control professionals and smoking cessation experts and with input from ex-smokers. | Free                      | Free    |
|  | National Cancer Institute   | English  | NCI QuitPal is a free smartphone app to support smokers working to become smokefree. This interactive app was developed using proven quit strategies and tools to help change behavior and assist you with giving up smoking.   | Free                      | N/A     |
|  | University of California San Francisco/San Francisco General Hospital | English  | An Experts team from University of California, San Francisco created this application to assist the users to get the help they need. The university used the program behind this application for many years.  | Free (Pro version-\$0.99) | N/A     |

### Internet Users

| WEBSITE  | AGENCY  | LANGUAGE   | INFORMATION   | TARGET         | COST |
|--|---|--|---|----------------|------|
| <a href="http://Nobutts.org">Nobutts.org</a>                       | <a href="#">Moore's UCSD Cancer Center California Tobacco Control Program (CTCP) Center For Disease Control (CDC)</a> | English  | Find your reason to quit. The No Butts website serves as a hub with many resources that are available to help you quit smoking.   | Youth & Adults | Free |
| <a href="http://BecomeAnEx.org">BecomeAnEx.org</a>                 | <a href="#">American Legacy Foundation</a>  | English  | The EX Plan is a free quit smoking program. It's based on personal experiences from ex-smokers as well as the latest scientific research from the experts at Mayo Clinic.   | Youth & Adults | Free |
| <a href="http://Smokefree.gov">Smokefree.gov</a>                   | <a href="#">Tobacco Control Research Branch of the National Cancer Institute.</a>                                     | English  | Smokefree.gov is intended to help you or someone you care about quitting smoking. The information and professional assistance available on this website can help to support both your immediate and long-term needs as you become, and remain, a non-smoker.  | Youth & Adults | Free |
| <a href="http://Freedomfromsmoking.org">Freedomfromsmoking.org</a> | <a href="#">American Lung Association</a>   | English  | Freedom From Smoking® Online, or FFS Online, is a program specifically designed for adults, like you, who want to quit smoking. It's an adaptation of the American Lung Association's gold standard, group clinic that has helped thousands of smokers to quit for good.  | Youth & Adults | Free |
| <a href="http://NicotineAnonymous.org">NicotineAnonymous.org</a>   | Nicotine Anonymous  | Brazil<br>Dansk<br>Deutsch<br>English<br>Español<br>Farsi<br>Finnish<br>Français<br>Greek<br>Hungarian<br>Italia<br>Japanese<br>Latvian<br>Polish<br>Portuguese<br>Svenska | Nicotine Anonymous is a Non-Profit 12 Step Fellowship of men and women helping each other live nicotine-free lives. Nicotine Anonymous welcomes all those seeking freedom from nicotine addiction, including those using cessation programs and nicotine withdrawal aids. The primary purpose of Nicotine Anonymous is to help all those who would like to cease using tobacco and nicotine products in any form. The Fellowship offers group support and recovery using the 12 Steps as adapted from Alcoholics Anonymous to achieve abstinence from nicotine. | Youth & Adults | Free |