

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



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Smartphone Users					
APP	AGENCY	LANGUAGE	REGISTRATION	iPhone	Android
 Smokefree Teen	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
 NCI QuitPal	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
 UCSF/SFGH Stop Smoking	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
Nobutts.org	Moores UCSD Cancer Center California Tobacco Control Program (CTCP) Center For Disease Control (CDC)	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
BecomeAnEx.org	American Legacy Foundation	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
Smokefree.gov	Tobacco Control Research Branch of the National Cancer Institute	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
Freedomfromsmoking.org	American Lung Association	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
NicotineAnonymous.org	Nicotine Anonymous	Brazil Dansk Deutsch English Español Farsi Finnish François Greek Hungarian Italia Japanese Latvian Polish Portuguese 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