



QUIT SMOKING HELP & RESOURCES

TELEPHONE

California Smokers Helpline – Free telephone support and counseling for all California residents who are thinking about, or simply have questions about quitting smoking.

www.californiasmokershelpline.org

English 1-800-NO-BUTTS
(1-800-662-8887)

Mandarin & Cantonese
1-800-838-8917

TDD/TTY 1-800-933-4TDD
(1-800-933-4833)

Spanish 1-800-45-NO-FUME
(1-800-456-6386)

Vietnamese 1-800-778-8440

Chew 1-800-844-CHEW
(1-800-844-2439)

Korean 1-800-556-5564

IN-PERSON

American Lung Association in California

Freedom from Smoking

2570 Fourth Ave

San Diego CA 92103

619-297-3901

8-session classes (through employers only)

Naval Hospital, San Diego

Health Promotion

34800 Bob Wilson Dr

San Diego CA 92134

619-532-7647

No charge (eligible military only)

Camp Pendleton Naval Hospital

Tobacco Avoidance

Camp Pendleton, CA 92055

760-725-0755

No Charge (eligible military only)

Nicotine Recovery Institute

106 Thorn Street

San Diego, CA 92103

858-277-2772

Individual counseling

Colleges and Universities

Contact the Student Health Services

Department for information on classes

Palomar Pomerado Health

Smoke Stoppers

15255 Innovation Dr. Suite 204

San Diego CA 92128

800-628-2880

\$60 for self study materials

Kaiser Permanente

Smoking Cessation Class

11990 San Diego Mission Rd

San Diego, CA 92108

619-641-4194

7-week course. No charge (members only)

Sharp HealthCare

Second Breath

1-800-827-4277

6-week class. Call for fees, times, locations.



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IN-PERSON (continued)

Smoke Stoppers of San Diego

3699 Park Blvd

San Diego, CA 92103

619-296-8700 \$349 for one-week program;
some insurance plans accepted. Call or visit
www.smokestoppersofsd.com for questions.

VA San Diego Healthcare System

3350 La Jolla Village Drive

San Diego, CA 92161

858-552-8585 ext. 3903

Services for eligible veterans

Paradise Valley Hospital

Center for Health Promotion

2400 East 4th Street

National City, CA 91950

619-470-4346 Free six-week course

Nicotine Anonymous (NA) – Holds weekly meetings at several locations. Call the San Diego County NA Hotline at 619-682-7092 for the most current information. <http://www.nicotine-anonymous.org/>

WEBSITES

American Lung Association – Hosts *Freedom from Smoking Online*, a step-by-step quit smoking program based on the successful group classes. Trained facilitator available for questions; as well as support from others who are quitting. www.ffsonline.org

American Cancer Society – Offers *Stay Away from Tobacco* online resources to help you or a loved one quit smoking. www.cancer.org/Healthy/StayAwayfromTobacco/index

American Heart Association – Information and support on quitting smoking and living a non-smoking life. www.americanheart.org

American Legacy Foundation - Raises awareness of the toll tobacco has taken upon women and encourages women to seek help to quit smoking. <http://women.americanlegacy.org/quit/index.cfm>

California Smokers Helpline Teen Website – Fun and informative site for teens who smoke. <http://nobutts.ucsd.edu/>



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WEBSITES (continued)

Center for Disease Control (CDC) Office on Smoking and Health-How to Quit – Federal government site with links to quit smoking resources. Also maintains complete information and publications on tobacco health effects, research and Surgeon General's reports.

<http://www.cdc.gov/tobacco/how2quit.htm>

The QuitNet - Offers smokers an on-line support community, forums moderated by counselors, and individually tailored advice to help them kick their nicotine addiction. <http://www.quitnet.org>

Smokefree.gov - Offers science-driven tools, information and support that have been effective in helping smokers quit. www.smokefree.gov

Web MD – www.webmd.com/smoking-cessation/default.htm

OTHER RESOURCES

American Lung Association in California, San Diego – Offers FREE self-help quit smoking materials including *Freedom from Smoking* workbooks and audiotapes for a small charge. Call 619-297-3901 with questions or to order.

Center for Tobacco Cessation -- Provides training and technical assistance to organizations statewide to increase their capacity in tobacco cessation. <http://www.centerforcessation.org/>

Patches and other quit smoking aids – Some health insurance plans, including Medi-Cal, will pay for the nicotine patch for those enrolled in a quit smoking program (includes the California Smokers' Helpline). Most private insurance companies will also cover prescription cessation aids (Chantix™ or Zyban™) or a nicotine replacement product such as gum, inhaler, patch, or spray; check with your provider. For Medi-Cal information, call 858-514-6885.