



San Diego County

Local Listing for Tobacco Cessation Resources



Community and Online Resources for Everyone

*Click on each organization's name to go directly to their website

American Cancer Society	Offers resources and guides to quit smoking. Location: Online
American Lung Association in California - Freedom from Smoking	A 7-week program offered virtually and over the phone. Location: Online/Telephone Call: (619) 297-3901 or (800) 586-4872
Asian Smokers' Quitline	Free quit-smoking program for those who speak Chinese, Korean, or Vietnamese. Location: Online/Telephone Call: (800) 838-8917 (Chinese) Call: (800) 556-5564 (Korean) Call: (800) 778-8440 (Vietnamese)
Kick It California	Telephone, text, app, and chat-based quit-smoking program. Services are free, based on facts, and are offered in various languages. Location: Online/Telephone Call: (800) 300-8086 (English) Call: (800) 600-8191 (Spanish)
Rady Children's Health - Partnership for Smoke-Free Families	Offers educational materials to participating obstetric and pediatric staff and clinicians. These materials help screen patients for tobacco use. They also offer services to help smokers quit and support their families. Location: Online
Southern California Intergroup of Nicotine Anonymous	Twelve-step self-help program for those who choose to be nicotine-free (check online for specific locations). Location: In-Person/Online Call: (619) 682-7092
The Collective Coalition	The Collective Coalition, a project of Social Advocates for Youth San Diego, unites to safeguard the LGBTQ+ community from the harms of alcohol, tobacco, and other drugs. The program offers tailored educational materials and workshops to help those wanting to quit smoking. Location: In-Person/Online Email: Meesh.Mori@saysandiego.org

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Clinic and Hospital Patient Resources

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Family Health Centers of San Diego	Offers free, year-round tobacco treatment support and education classes for anyone who has decided to quit smoking or vaping. Location: Telephone Tuesdays or Wednesdays Call: (619) 515-2400 or (619) 515-2526
Indian Health Council – Tobacco Education Prevention Outreach Cessation	Offers phone counseling and support to quit smoking. Location: In-Person/Online Call: (760) 749-1410 ext. 5280 Email: ckornacki@indianhealth.com Address: 50100 Golsh Road, Valley Center, CA 92082
Kaiser Permanente - Freedom from Tobacco	Offers virtual workshops that allow patients to learn about medications and resources available to quit smoking. In addition, six telephone wellness coaching sessions are offered to set goals for healthy, lasting change. Location: Online Call: (619) 641-4194
La Maestra Community Health Centers - Wellness Clinic	Offers outpatient support for behavioral health and substance use disorders. They also help with co-occurring issues. The goal of the wellness clinic is to promote brain health, healing, and well-being. Location: In-Person Address: 4175 Fairmount Ave., San Diego, CA 92105 <u><i>Substance use support for adults</i></u> Call: (619) 285-7097 <u><i>Substance use support for adolescents and young adults (ages 12-24)</i></u> Call for more information and location: (619) 510-4644
Neighborhood Healthcare - Behavioral Health	Offers personalized treatment plans including medication, therapy, counseling, alternative medicines, or any combination of these. Location: In-Person Call: (833) 867-4642 Address: 425 N. Date St., Escondido, CA 92025
Southern Indian Health Council	Individual counseling for American Indian and Alaska Native patients. Location: In-Person Call: (619) 445-1188 Address: 4058 Willows Rd., Alpine, CA 91901



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College and University Resources

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California State University San Marcos (CSUSM)	<p>Offers students and staff a variety of quit-smoking resources on-campus and online.</p> <p>Location: In-Person</p> <p>Call: (760) 750-4935 (students), (760) 750-4418 (staff and faculty)</p> <p>Email: srs@csusm.edu</p> <p>Address: 333 S. Twin Oaks Valley Rd., San Marcos, CA 92096-0001</p>
Mira Costa College	<p>Offers students confidential individual counseling, quit-smoking information, and referrals. Additionally, students, faculty, and staff who are interested in smoking cessation are encouraged to explore the free services offered by Kick It California at KickItCa.org or by calling (800) 300-8086.</p> <p>Location: In-Person/Telephone</p> <p><u>Oceanside Campus</u></p> <p>Call: (760) 795-6675</p> <p>Address: 1 Barnard Drive, Building 14, Room 14114, Oceanside, CA 92056</p> <p><u>San Elijo Campus</u></p> <p>Call: (760) 757-2121 x7747</p> <p>Address: 3333 Manchester Avenue, Building 900, Room 917, Cardiff, CA 92007</p>
Point Loma Nazarene University	<p>Offers students education on drug prevention, alcohol abuse, and quitting smoking.</p> <p>Location: In-Person</p> <p>Call: (619) 849-7890</p> <p>Address: 4101 University Ave., San Diego, CA 92105</p>
San Diego City College - Student Health Center	<p>Offers quit-smoking program referrals for students.</p> <p>Location: In-Person/Online</p> <p>Call: (619) 388-3450</p> <p>In addition, students can contact Mental Health Counseling services for substance abuse counseling by emailing citymhcc@sdccd.edu or calling (619) 388-3055.</p>
San Diego State University	<p>Offers students quit-smoking individual counseling sessions and pharmacological treatment options.</p> <p>Location: In-Person</p> <p>Call: (619) 594-5220</p> <p>Address: 5500 Campanile Dr., San Diego, CA 92182</p>
University of California San Diego (UCSD) - Health Promotion Services	<p>Health Promotion Services offers free quit-smoking/vaping coaching sessions to all UCSD students.</p> <p>Location: In-Person</p> <p>Email: cglissmann@health.ucsd.edu</p>
University of San Diego	<p>Offers self-assessments, individualized reports and counseling, support groups, prescription medications, and nicotine replacement therapies to students wanting to quit smoking or vaping.</p> <p>Location: In-Person</p> <p>Call: (619) 260-4618</p> <p>Address: University Center Room 161, 3636 5th Ave., San Diego, CA 92103</p>



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Military and Active-Duty Resources

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[Naval Hospital
Camp Pendleton
\(NHCP\) - Quit
Smart Program](#)

Focuses on cognitive and behavioral coping methods.
Active-duty personnel, family members, retirees, and NHCP Staff are eligible to participate in the program.
Location: **In-Person/Online**
Call: (760) 719-4137
Address: Camp Pendleton Main Hospital H200 4th Floor South Side, Oceanside, CA 92055

[VA San Diego
Healthcare System](#)

Offers specialized resources for veterans living with mental health issues, substance use disorder, and HIV.
Group Counseling (in-person or over the phone).
Location: **Online/Telephone**
Call: (858) 642-3903
Address: 3350 La Jolla Village Dr., San Diego, CA 92161

Youth Resources

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[Truth Initiative – EX
Program](#)

Free and anonymous 24/7 texting service for individuals and organizations. Provides quitting approaches based on facts for nicotine and tobacco products.
Location: **Telephone**
Text: DITCH VAPE to 88709 to quit

[Kick It California](#)

Offers free quit-smoking/vaping services to youth (ages 13+). Services are offered through telephone, text, and chat. Self-help materials are also available on their website.
Location: **Online/Telephone**
Call: (800) 300-8086
For more self-help materials, visit: [Kick It California - Free Materials](#)

[Youth Vaping Alternative
Program Education
\(YVAPE\)](#)

Provides phone coaching support for students who have been vaping in school as an alternate to disciplinary action. YVAPE is designed to provide a positive experience for the student and help them think through their vaping behavior.
Location: **Online/Telephone**
Call: (888) 525-0122
Email: yvape-support@health.ucsd.edu

Please send any additions, corrections, or updates to tobacco@sdcounty.ca.gov.