



# 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

<a href="#">American Cancer Society</a>	Provides help and information to support people who want to stop smoking. Location: <b>Online</b>
<a href="#">American Lung Association in California - Freedom from Smoking</a>	Offers a 7-week program to help people quit all tobacco products, including e-cigarettes and vaping devices. Services are offered online and over the phone. Location: <b>Online/Telephone</b> Call: (619) 297-3901 or (800) 586-4872
<a href="#">Asian Smokers' Quitline</a>	Offers a free quit-smoking program for people who speak Chinese, Korean, or Vietnamese. Location: <b>Online/Telephone</b> Call: (800) 838-8917 (Chinese) Call: (800) 556-5564 (Korean) Call: (800) 778-8440 (Vietnamese)
<a href="#">Kick It California</a>	Offers a free program that helps people quit smoking through phone calls, text messages, an app, and online chat. It uses reliable information and is available in several languages. Location: <b>Online/Telephone</b> Call: (800) 300-8086 (English) Call: (800) 600-8191 (Spanish)
<a href="#">Rady Children's Health - Partnership for Smoke-Free Families</a>	Offers learning materials for doctors and nurses who work with children and pregnant people. These materials help them check whether patients use tobacco. They also offer services that help people quit smoking and support their families. Location: <b>Online</b>
<a href="#">Southern California Intergroup of Nicotine Anonymous</a>	Offers a 12-step support program for people who want to quit using nicotine. Interested participants can check their website to find meeting locations. Location: <b>In-Person/Online</b> Call: (619) 682-7092
<a href="#">The Collective Coalition</a> *	Offers custom educational materials and workshops to help people who want to quit smoking. <i>*The Collective Coalition is a project of Social Advocates for Youth San Diego. It works to protect LGBTQ+ community members from the harms of alcohol, tobacco, and other drugs.</i> Location: <b>In-Person/Online</b> Email: <a href="mailto:Meesh.Mori@saysandiego.org">Meesh.Mori@saysandiego.org</a>

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## Clinic and Hospital Patient Resources

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<a href="#">Family Health Centers of San Diego</a>	Offers free help and classes all year long for anyone who wants to quit smoking or vaping. Location: <b>Telephone</b> Tuesdays (Spanish) or Wednesdays (English) Call: (619) 515-2400 or (619) 515-2526
<a href="#">Indian Health Council – Tobacco Education Prevention Outreach Cessation</a>	Offers over-the-phone counseling and support to quit smoking. Location: <b>In-Person/Online</b> Call: (760) 749-1410 ext. 5280 Email: <a href="mailto:ckornacki@indianhealth.com">ckornacki@indianhealth.com</a> Address: 50100 Golsh Road, Valley Center, CA 92082
<a href="#">Kaiser Permanente - Freedom from Tobacco</a>	Offers online workshops that teach people about the medicines and resources that can help them quit smoking. They also provide six phone coaching sessions to help set goals and support long-term health changes. Location: <b>Online</b> Call: (619) 641-4194
<a href="#">La Maestra Community Health Centers - Wellness Clinic</a>	Offers support for behavioral health and substance use issues through outpatient services. They also help with related conditions that may occur at the same time. The clinic's goal is to support brain health, healing, and overall well-being. Location: <b>In-Person</b> Address: 4175 Fairmount Ave., San Diego, CA 92105 <i><u>Substance use support for adults</u></i> Call: (619) 285-7097 <i><u>Substance use support for adolescents and young adults (ages 12-24)</u></i> Call for more information and location: (619) 510-4644
<a href="#">Neighborhood Healthcare - Behavioral Health</a>	Offers personalized treatment plans including medicine, therapy, counseling, alternative medicines, or any combination of these. Location: <b>In-Person</b> Call: (833) 867-4642 Address: 488 E Valley Parkway, Escondido, CA 92025
<a href="#">San Diego American Indian Health Center</a>	Provides tobacco quitting help and resources that reflect the community's cultures and is available to everyone. Location: <b>In-Person</b> Call: (619) 234-2158 Address: 2630 First Ave., San Diego, CA 92103
<a href="#">Southern Indian Health Council</a>	Provides individual counseling and behavioral health support for American Indian and Alaska Native patients. Location: <b>In-Person</b> Call: (619) 445-1188 Address: 4058 Willows Rd., Alpine, CA 91901

The Tobacco Control Resource Program is implemented by the County of San Diego and is supported by *Live Well San Diego*, creating a region that is Building Better Health, Living Safely and Thriving. For more information, visit [LiveWellSD.org](http://LiveWellSD.org). ©2026. California Department of Public Health. Funded under contract #CTCP-21-37.



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## College and University Resources

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<a href="#">California State University San Marcos</a>	<p>Offers students and staff different ways to get help with quitting smoking resources, both on-campus and online.</p> <p>Location: <b>In-Person</b></p> <p>Call: (760) 750-4935 (students), (760) 750-4418 (staff and faculty)</p> <p>Email: <a href="mailto:srs@csusm.edu">srs@csusm.edu</a></p> <p>Address: 333 S. Twin Oaks Valley Rd., San Marcos, CA 92096-0001</p>
<a href="#">Mira Costa College</a>	<p>Offers students private one-on-one counseling, information to help them quit smoking, and referrals. Students, faculty, and staff can also use the free quit smoking services from Kick It California at <a href="http://KickItCa.org">KickItCa.org</a> or by calling (800) 300-8086.</p> <p>Location: <b>In-Person/Telephone</b></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>
<a href="#">Point Loma Nazarene University</a>	<p>Offers students education on drug prevention, alcohol abuse, and quitting smoking.</p> <p>Location: <b>In-Person</b></p> <p>Call: (619) 849-7890</p> <p>Address: 4101 University Ave., San Diego, CA 92105</p>
<a href="#">San Diego City College - Student Health Center</a>	<p>Offers quit-smoking program referrals for students.</p> <p>Location: <b>In-Person/Online</b></p> <p>Call: (619) 388-3450</p> <p>In addition, students can contact Mental Health Counseling services for substance abuse counseling by emailing <a href="mailto:citymhcc@sdccd.edu">citymhcc@sdccd.edu</a> or calling (619) 388-3055.</p>
<a href="#">San Diego State University</a>	<p>Offers students one-on-one counseling to help them quit smoking, along with options for medication that can support quitting.</p> <p>Location: <b>In-Person</b></p> <p>Call: (619) 594-5220</p> <p>Address: 5500 Campanile Dr., San Diego, CA 92182</p>
<a href="#">University of California San Diego - Health Promotion Services</a>	<p>Offers students free coaching to help them quit smoking or vaping, a free quit kit, and a personalized plan for using nicotine replacement products.</p> <p>Location: <b>In-Person</b></p> <p>Email: <a href="mailto:cglissmann@health.ucsd.edu">cglissmann@health.ucsd.edu</a></p>
<a href="#">University of San Diego</a>	<p>Provides students with self-assessments, personalized reports and counseling, support groups, prescription medications, and nicotine replacement options to help them quit smoking or vaping.</p> <p>Location: <b>In-Person</b></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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<a href="#">Naval Hospital Camp Pendleton - Quit Smart Program</a>	<p>Teaches coping skills that focus on changing thoughts and behaviors. The program is open to active duty service members, their families, retirees, and staff.</p> <p>Location: <b>In-Person/Online</b></p> <p>Call: (760) 719-4137</p> <p>Address: Camp Pendleton Main Hospital H200 4th Floor South Side, Oceanside, CA 92055</p>
<a href="#">VA San Diego Healthcare System</a>	<p>Provides veterans with specialized support for mental health needs, substance use disorders, and HIV. It also offers group counseling.</p> <p>Location: <b>Online/Telephone</b></p> <p>Call: (858) 642-3903</p> <p>Address: 3350 La Jolla Village Dr., San Diego, CA 92161</p>
<a href="#">YouCanQuit2</a>	<p>Offers an anonymous, mobile-friendly online tool that helps users create and follow a personalized tobacco quit plan, including setting a quit date, tracking cravings, monitoring progress, and accessing tips designed specifically for U.S. military service members.</p> <p>Location: <b>Online</b></p>

## Youth Resources

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<a href="#">Kick It California</a>	<p>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.</p> <p>Location: <b>Online/Telephone</b></p> <p>Call: (800) 300-8086</p> <p>For more self-help materials, visit: <a href="#">Kick It California - Free Materials</a></p>
<a href="#">National Cancer Institute – SmokefreeTXT for Teens</a>	<p>Offers a free 6–8-week text program that helps teens ages 13-17 quit smoking or vaping with daily support messages, coping strategies, and progress tracking.</p> <p>Location: <b>Telephone</b></p> <p>Text: QUIT to 47848</p>
<a href="#">Truth Initiative – EX Program</a>	<p>Offers a free, anonymous texting service available 24/7 for individuals and organizations. Shares fact-based tips and methods to help people quit nicotine and tobacco.</p> <p>Location: <b>Telephone</b></p> <p>Text: DITCH VAPE to 88709 to quit</p>
<a href="#">Youth Vaping Alternative Program Education (YVAPE)</a>	<p>Provides phone-based coaching for students who were caught vaping at school, giving them support instead of punishment. YVAPE helps students reflect on their vaping habits and make positive changes.</p> <p>Location: <b>Online/Telephone</b></p> <p>Call: (888) 525-0122</p> <p>Email: <a href="mailto:yvape-support@health.ucsd.edu">yvape-support@health.ucsd.edu</a></p>

Please send any additions, corrections, or updates to [tobacco@sdcounty.ca.gov](mailto:tobacco@sdcounty.ca.gov).