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.caleforniasmokershelpline.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)

Camp Pendleton Naval Hospital
Tobacco Avoidance
Camp Pendleton, CA 92055
760-725-0755
No Charge (eligible military only)

Kaiser Permanente
Smoking Cessation Class
11990 San Diego Mission Rd
San Diego, CA 92108
619-641-4194
7-week course. No charge (members only)

Naval Hospital, San Diego
Health Promotion
34800 Bob Wilson Dr
San Diego CA 92134
619-532-7647
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

Sharp HealthCare
Second Breath
1-800-827-4277
6-week class. Call for fees, times, locations.
QUIT SMOKING HELP & RESOURCES

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.

Tri City Medical Center
Cardiac Wellness Center
4002 Vista Way
Oceanside, CA 92056
760-940-3092
6-sessions, $60

Paradise Valley Hospital
Center for Health Promotion
2400 East 4th Street
National City, CA 91950
619-470-4346 Free six-week course

VA San Diego Healthcare System
3350 La Jolla Village Drive
San Diego, CA 92161
858-552-8585 ext. 3903
Services for eligible veterans

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 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

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

California Smokers Helpline Teen Website – Fun and informative site for teens who smoke. http://nobutts.ucsd.edu/
QUIT SMOKING HELP & RESOURCES

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.

To add or delete a resource from this list please call 619-683-7514