



## QUIT SMOKING HELP & RESOURCES

### TELEPHONE

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**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](http://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

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**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.





## QUIT SMOKING HELP & RESOURCES

### IN-PERSON (continued)

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#### **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](http://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 4<sup>th</sup> 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

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**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](http://www.cancer.org/Healthy/StayAwayfromTobacco/index)

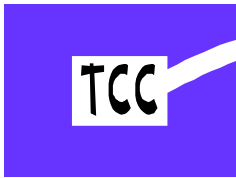
**American Heart Association** – Information and support on quitting smoking and living a non-smoking life. [www.americanheart.org](http://www.americanheart.org)

**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](http://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)

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**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](http://www.smokefree.gov)

**Web MD** – [www.webmd.com/smoking-cessation/default.htm](http://www.webmd.com/smoking-cessation/default.htm)

### OTHER RESOURCES

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**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**

