

ARE YOU READY TO BE SMOKE-FREE?

CALL STOPP SMOKING HELPLINE

1-800-540-6775 or (209) 468-8637

December 2021

Agency/ Contact	Times	Language	Registration	Cost
Phone Counseling Services				
California Smokers Helpline (State funded program) 1-800- NO-BUTTS or 1 (800)662-8887 Text “quit smoking” to 66819 TDD/TTY: 1-800-933-4833 <u>Cantonese:</u> 1-800-838-8917 Text "戒煙"至66819 <u>Korean:</u> 1-800-556-5564 66819에 텍스트 "금연" <u>Mandarin:</u> 1-800-838-8917 <u>Spanish:</u> 1-800-456-6386 Text “dejar de fumar” to 66819 <u>Vietnamese:</u> 1-800-778-8440 Văn bản "bỏ hút thuốc" đến 66819	Mon-Fri 7am-9pm Sat 9am-5pm Sun Closed	English Spanish Mandarin Cantonese Korean Chinese Vietnamese (Other languages available through a translation services)	Free material by mail; free counseling session by phone	
American Cancer Society 1-800-227-2345	Available 24 hours/day 7 days/ week	English and Spanish Other languages available through translation services	Resource for referrals to programs, educational materials, and free counseling session by phone, Live chat	
California Smokers’ Helpline: Quit Vaping 1-844-8 NO VAPE or 1-844-866-8273	Mon-Fri 7am-9:30pm Sat 9am-5pm Sun Closed	English Spanish Korean Chinese Vietnamese (Other languages available through a translation services)	Free material by mail and email; free counseling session by phone	
American Lung Association 1-800-548-8252	Helpline: 7am-7pm 24/7 Free online classes	English Spanish	Resource for referrals to programs and provide training to led programs	
Smokefree.gov 1-877-44U-QUIT (1-877-448-7848) 1-800-QUIT-NOW (1-800-784-8669) Text “QUIT” to 47848	Mon-Fri 9am-9pm ET Live Chat is available	English and Spanish	Visit website or call for counseling and educational materials	
Kaiser Permanente 1-866-454-8855	24 hr advise line	English and Spanish	Call for direct services from Primary provider	
Local in-person Services				
Sutter Gould Health Education 209-550-4747 2505 W. Hammer Lane, Stockton	Call for information	English	Call for direct services from Primary provider	
Sutter Tracy Community Hospital 209-832-6047 1420 N. Tracy Blvd., Tracy	Call for information	English	Call for direct services from Primary provider	
Dorothy L Jones Community and Health Center 209-444-5514 2044 Fair St. Stockton, CA 95206	Call for information	English	Call for more information	
Adventist Health Lodi Memorial Hospital Lung Line (209) 339-7445 800 S. Lower Sac. Road, Lodi	Tuesdays and Fridays 8-5pm	English	Call for more information	

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<p>Evergreen Professional Hypnotherapy 209-472-0722 6820 Pacific Ave. Suit 2-B Stockton, CA 95207</p>	<p>Call for information</p>	<p>English</p>	<p>Call to schedule a session</p>
<p>Asian Pacific Self-Development and Residential Association (APSARA) Office (209) 944-1700 Cell (209) 905-2777 3830 Alvarado Ave, Suite C, Stockton, CA 95204, USA</p>	<p>Monday to Friday, 8 am to 5 pm.</p>	<p>Khmer, Thai, Laotian, French, English, and Spanish; Other languages available through translation services</p>	<p>Resource for referrals to programs, educational materials, and free counseling sessions by phone</p>
<p>School Services</p>			
<p>Stockton Unified School District Jillian Glende 209-933-7130 ext. 8266</p>	<p>Call for information</p>	<p>English</p>	<p>Students are referred to services</p>
<p>Manteca Unified School District Francisca Montes 209-858-0782</p>	<p>Call for information</p>	<p>English</p>	<p>Students receive educational materials and referral to services</p>

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Smart Phone Users					
App	Agency	Language	Description	iPhone	Android
No Butts 	University of California, San Diego & California Smokers' Helpline	English	This mobile app offers quick and tailored help, right from the palm of your hand. Created by the California Smokers' Helpline, No Butts uses proven methods to help you quit, like a personalized quit plan and information on effective quitting aids. The app also has other helpful information features like logging your smoking triggers, reminders to keep you motivated, and pointers on all kinds of quit smoking topics.	Free	Free
QuickStart/Smokefree Teen 	IFC International	English	This app is a product of Smokefree Teen (SFT), a smoking cessation resource for teens. It was created by the Tobacco Control Research Branch at the National Cancer Institute in collaboration with tobacco control professionals, smoking cessation experts, and suggestions from former smokers.	Free	Free
QuitGuide 	IFC International	English	This free app helps you understand your smoking patterns and build the skills you need to quit smoking. The app has the ability to track cravings by time of day and location. You also get inspirational messages for each craving you track, helping you stay focused and motivated on your journey to a smoke-free life.	Free	Free
Smoke Free 	David Crane	English French German Portuguese Russian Spanish Welsh	This evidence-based app allows you to track your health improvements; money saved, track cigarette cravings, and provides interactive ways to keep you on track to becoming smoke-free.	Basic: Free Pro: \$4.99 (one-time app purchase fee)	Basic: Free Pro: \$4.99 (one-time app purchase fee)
Internet Users					
Website	Agency	Language	Information	Audience	Cost
Nobutts.org	University of California, San Diego & California Smokers' Helpline	English	Find your reason to quit. The No Butts website serves as a hub with many resources available to help you quit smoking and/or vaping.	Youth & Adults	Free
BecomeAnEx.org	American Legacy Foundation	English Spanish	The EX-Plan is a free quitting smoking program. It is based on personal experiences from former smokers as well as uses the latest scientific research from the experts at the Mayo Clinic.	Youth & Adults	Free
Smokefree.gov	Tobacco Control Research Branch of the National Cancer Institute	English Spanish	Smokefree.gov helps you or a loved one quit smoking. The information and professional assistance available can help to support your immediate and long-term needs as you become and remain smoke-free.	Youth Adults Vets 60+	Free
Freedomfromsmoking.org	American Lung Association	English	Freedom from Smoking Online (FFS Online) is a program specifically designed for adults, like you who want to quit smoking. It is an adaptation of the American Lung Association's gold standard, group clinic that has helped thousands of smokers to quit for good.	Youth & Adults	Free