

ARE YOU READY FOR A SMOKE-FREE 2019?

CALL STOPP SMOKING HELPLINE

1-800-540-6775 or (209) 468-2415

May-July 2019

AGENCY/CONTACT	TIMES	LANGUAGE	REGISTRATION	TARGET	COST
Phone Counseling					
California Smokers Helpline (State-funded Program) 1(800) NO-BUTTS or 1(800) 662-8887 Cantonese 1-800-838-8917 Korean 1-800-556-5564 Mandarin 1-800-838-8917 Spanish 1-800-456-6386 Vietnamese 1-800-778-8440 TDD/TTY 1-800-933-4TDD (4833)	M-F 7am-9:30pm Sat/Sun 9am-5pm	English Spanish Korean Chinese Vietnamese [other languages are available through a translator service]	Free literature by mail; Free counseling session by phone.	Youths & Adults	No Cost
American Cancer Society 1(800) 227-2345 Information and Guidance	Available 24 Hour/day 7 Days/Week	English & Spanish [other languages are available through a translator service]	Resource for referrals and educational materials only. Free counseling session by phone.	Youths & Adults	No Cost
American Lung Association 1(800) 548-8252	Helpline 7am-7pm; 24/7 Free Online Class	English Spanish	Call for referrals to other programs Or get trained to facilitate programs.	Youths & Adults	No Cost
SmokeFree.gov 1-877-44U-QUIT (1-877-448-7848) 1-800-QUIT-NOW (1-800-784-8669)	M-F 7am-9:30pm Sat/Sun 9am-5pm	English Spanish	Visit Website or call for counseling and educational resources Text QUIT to 47848	Youths & Adults	No Cost
Kaiser Permanente: APPT Wellness Smoking 1-866-251-4514	Call for information on class times.	English & Spanish [other languages are available through a translator service]	Call for more information on services.	Youths & Adults	Members Only
Local Clinics					
Sutter Gould Health Education (209) 952-1455 2505 W. Hammer Lane, Stockton	Call for information on class times.	English	To sign up, call for dates of next session. Classes offered in Modesto Only.	Youths & Adults	Members Only
Sutter Tracy Community Hospital (209) 832-6047 1420 N. Tracy Blvd., Tracy	Call for information on class times.	English	Call to Sign-up for the class.	Youths & Adults	Free
Lodi Memorial Hospital (209) 339-7445 975 S. Fairmont Ave. Lodi, California 9524	Call for information on class times.	English	Call to Sign-up for the class.	Adults	Free
Easy Key To Life (866) 326-3279 (209) 910-3279	Call for appointment information	English Spanish	Call to schedule a session.	Youth & Adults	\$160 per person
School Services					
Stockton Unified School District* Jennifer Robles (209) 933 7130 ext. 2617	Call for appointment	English	Students are referred to services.	SUSD Students	No Cost
Manteca Unified School District* Francisca Montes (209) 858-0782	Call for information	English	Students receive educational materials and referral to services.	MUSD Students	No Cost

* Resources for school students only

For more information please visit: http://www.sjcpchs.org/healthed/health_education_community_resources.aspx or call (209) 468 2415 (Updated 5/10/19)





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Smartphone Users

APP	AGENCY	LANGUAGE	INFORMATION	iPhone	Android
<p>No Butts</p> 	University of California, San Diego/ California Smokers' Helpline	English	The No Butts 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 features like logging your smoking triggers, reminders to keep you motivated, and pointers on all kinds of quit smoking topics.	FREE	N/A
<p>QuitSTART/ Smokefree Teen</p> 	National Cancer Institute	English	<u>QuitSTART App</u> is a product of Smokefree Teen (SFT)—a smoking cessation resource for teens created by the Tobacco Control Research Branch at the National Cancer Institute in collaboration with tobacco control professionals and smoking cessation experts and with input from ex-smokers.	Free	Free
<p>QuitGuide</p> 	National Cancer Institute	English	<u>QuitGuide</u> is a free app that helps you understand your smoking patterns and build the skills needed to become and stay smokefree. New to QuitGuide since 2016 is the ability to track cravings by time of day and location. Get inspirational messages for each craving you track, which keep you focused and motivated on your smokefree journey.	Free	Free
<p>Smoke free</p> 	David Crane	English	Smoke Free is an evidence-based app that allows you to track your health improvements, money saved , track cigarette cravings, and interactive ways to keep you in track of being smoke free.	Free (\$4.99 in-app one time purchase)	Free (\$4.99 in-app one time purchase)

Internet Users

WEBSITE	AGENCY	LANGUAGE	INFORMATION	TARGET	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 that are available to help you quit smoking.	Youth & Adults	Free
BecomeAnEx.org	<u>American Legacy Foundation</u>	English	The EX Plan is a free quit smoking program. It's based on personal experiences from ex-smokers as well as the latest scientific research from the experts at Mayo Clinic.	Youth & Adults	Free
Smokefree.gov	<u>Tobacco Control Research Branch of the National Cancer Institute.</u>	English	Smokefree.gov is intended to help you or someone you care about quitting smoking. The information and professional assistance available on this website can help to support both your immediate and long-term needs as you become, and remain, a non-smoker.	Youth & Adults	Free
Freedomfromsmoking.org	<u>American Lung Association</u>	English	Freedom From Smoking® Online, or FFS Online, is a program specifically designed for adults, like you, who want to quit smoking. It's 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

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