ARE YOU READY TO BE SMOKE-FREE?
CALL STOPP SMOKING HELPLINE
1-800-540-6775 or (209) 468-2415

December 2019- April 2020

Agency/ Contact	Times	Language	Registration	Cost
Phone Counseling Services				
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: 1-800-933-4833	Mon-Fri 7am-9:30pm Sat/ Sun 9am-5pm	English Spanish Korean Chinese Vietnamese (Other languages available through a translation services)	Free material by mail; free counseling session by phone	No cost
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	No Cost
California Smokers' Helpline: Quit Vaping 1-844-8 NO VAPE or 1-844-8273	Mon-Fri 7am-9:30pm Sat/ Sun 9am-5pm	English Spanish Korean Chinese Vietnamese (Other languages available through a translation services)	Free material by mail; free counseling session by phone	No Cost
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	No Cost
Smokefree.gov 1-877-44U-QUIT (1-877-448-7848) 1-800-QUIT-NOW (1-800-784-8669)	Call for information on class time	English and Spanish Other languages available through translation services	Visit website or call for counseling and educational materials Text QUIT to 47848	No Cost
Kaiser Permanente: APPT Wellness Smoking 1-866-251-4514	Call for information	English and Spanish Other languages available through translation services	Call for more information on services	Members only
Local in-person Services				
Sutter Gould Health Education 209-952-1455 2505 W. Hammer Lane, Stockton	Call for information	English	Call to sign-up and receive information on class dates. Classes offered only in Modesto.	Members only
Sutter Tracy Community Hospital 209-832-6047 1420 N. Tracy Blvd., Tracy	Call for information	English	Call to sign-up for classes	No Cost
Adventist Health Lodi Memorial Hospital 209-832-6047 975 S. Fairmont Ave., Lodi	Call for information	English	Call to sign-up for classes. This service is only provided to adults	No Cost
Easy Key to Life 866-326-3279	Call for information	English Spanish	Call to schedule a session	$160 per person
School Services				
Stockton Unified School District Jennifer Robles 209-933-7130 ext. 2617	Call for information	English	Students are referred to services	No Cost
Manteca Unified School District Francisca Montes 209-858-0782	Call for information	English	Students receive educational materials and referral to services	No Cost

For more information please visit: http://www.sjcphs.org/healthed/health_education_community_resources.aspx or call (209) 468 2415 (Updated 1/8/20)

San Joaquin County Public Health Services
health grows here

STOPP
SMOKING & TOBACCO OUTREACH/PREVENTION PROGRAM

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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	N/A
QuickStart/Smokefree Teen	National Cancer Institute	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	National Cancer Institute	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	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.	$4.99 (one-time app purchase fee)	$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	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	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	Free
Freedomforsmoking.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

Quitting has never felt so good!

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