STOPP
SMOKING & TOBACCO OUTREACH PREVENTION PROGRAM

CESSATION RESOURCES FOR SAN JOAQUIN COUNTY

Ready to be tobacco-free?

Phone Counseling Services			
Agency/Contact	**Time(s)**	**Language(s)**	**Cost & Services**
Kick It California Helpline (State-Funded Program) *Kickitca.org* Text*: 66819* English: 1-800-300-8086 Español: 1-800-600-8191 Chinese: 1-800-838-8917 Korean: 1-800-556-5564 Vietnamese: 1-800-778-8440	Monday-Friday 7am-9pm Saturday 9am-5pm (English & Spanish only)	English Spanish Chinese Korean Vietnamese Translation services available	Free counseling with a coach by phone. Other services include live chat and distribution for educational material by mail or e-mail.
National Cancer Institute Smoking Quitline *Smokefree.gov* 1-877-448-7848 Veteran's Line: 1-855-784-8838	Monday-Friday 9am-9pm ET	English Spanish	Free programs tailored to veterans, women, pregnant women, teens, and people 60+. Visit the website or call for counseling and educational materials.
American Cancer Society *Cancer.org* 1-800-227-2345	All day, every day	English Spanish Translation services Available	Referral to cessation services only. Educational materials are available on their website. Other services include live chat and distribution of educational material by mail or e-mail.
American Lung Association *Lung.org* 1-800-586-4872 Lung Health helpline: 1-800-548-8252	Monday-Friday 7am-9pm CT Saturday-Sunday 9am-5pm CT	English Spanish Translation Services available	Free online, self-guided program, and online community support. Visit website to learn about their "Freedom from Smoking" Program.
Asian Smoker's Quit Line https://www.asiansmokersquitline.org/ Mandarin & Cantonese: 1-800-838-8917 Korean:Vietnamese: 1-800-556-5564 English: 1-800-778-8440 Spanish: 1-800-300-8086 1-800-600-8191	Monday-Friday All languages 7am-9pm PT Saturday English & Spanish only 9am-5pm PT	Mandarin Cantonese Korean Vietnamese English Spanish	Free, accessible, evidence-based cessation services provided by native speakers. Free nicotine patches based on eligibility.

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Phone App Services			
Name/Logo	**Language(s)**	**Description**	**Scan to Download (Android & iPhone)**
quitSTART	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. Website: https://smokefree.gov/tools-tips/apps/quitstart	FREE
Quit Guide	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. Website: https://smokefree.gov/tools-tips/apps/quitguide	FREE
Smoke Free	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. Website: https://smokefreeapp.com	Basic: FREE Additional costs for more features
Kick It: Quit Smoking/Vaping	English	Free, customizable quit plan, progress tracker, and craving help to quit smoking or vaping. Access clinically proven behavior change strategies -- kick tobacco & nicotine for good. Website: https://kickitca.org/app	FREE

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Internet Users (ALL FREE)				
Website	**Language(s)**	**Information**	**Audience**	**Text Service?**
Kickitca.org	English Spanish Chinese Korean Vietnamese	Find your reason to quit. The Kick It California website serves as a hub with many resources available to help you quit smoking and/or vaping. Text message program available in English, Spanish, Chinese, Korean, Vietnamese. Must be at least 13 years old to enroll. Message and data rates may apply. https://kickitca.org/quit-smoking-text	Youth & Adults	YES Text: QUIT SMOKING to 66819
BecomeAnEx.org	English Spanish	The *EX-Plan* is a free quitting smoking program. It is based on personal experiences from former smokers and uses the latest scientific research from the experts at the Mayo Clinic. A blog page is available to connect with others on the same journey, share common interests, and ask for help. Note: The blog page is only available in English. https://www.becomeanex.org/	Youth & Adults	YES *Must create an account first
Smokefree.gov	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. Text message program available in English and Spanish. Message and data rates may apply. https://smokefree.gov/tools-tips/text-programs/quit-for-good/smokefreetxt	Youth Adults Women Veterans Seniors	YES Text: QUIT to 47848 Or Register
Freedomfromsmoking.org	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. https://freedomfromsmoking.org/	Youth & Adults	ONLINE ONLY
Healthnet.com	English and other languages	*Craving to Quit* is a tobacco cessation program that includes telephonic 1:1 support, with web-based resources and chat help every step of the way. The tobacco cessation program covers any type of tobacco, including the use of Electronic Nicotine Delivery Systems (ENDS), such as e-cigarettes and e-pipes. The program lets you talk with a quit coach for encouragement and support and offers a personalized plan to quit. https://www.healthnet.com/content/healthnet/en_us/brokers/plans/wellness.html	Health Net Members Only	Schedule an appointment with primary care physician, via their member portal or call 1-800-675-6110
Text Message Only (FREE)				

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Agency	Language(s)	Information	Audience	Text Service?
Truth Initiative: This is Quitting	English	*This is Quitting* is a free and anonymous text messaging program from Truth Initiative designed to help young people quit vaping. The first-of-its-kind quit program incorporates messages from other young people like them who have attempted to, or successfully quit, e-cigarettes. https://truthinitiative.org/thisisquitting	Youth & Young Adults Ages 13-24	YES Text: DITCHVAPE to 88709 Parents text: QUIT to 847-278-9715

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