



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 (Not for Asian Languages)	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	Free online and in-person classes, 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: 1-800-556-5564 Vietnamese: 1-800-778-8440	Monday-Friday 7am-9pm PT	Mandarin Cantonese Korean Vietnamese	Free, accessible, evidence- based cessation services provided by native speakers. Free nicotine patches based on eligibility.

 = Quit Vaping Resource

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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 
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 

Internet Users (ALL FREE)				
Website	Language(s)	Information	Audience	Text Service?
Kickitca.org 	English Spanish	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

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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/	Adults	NOT AVAILABLE
Healthnet.com 	English and other various 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)				
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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