

# ARE YOU READY TO BE SMOKE-FREE? CALL STOPP SMOKING HELPLINE

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

April 2021

Agency/ Contact	Times	Language	Registration	Cost
<b>Phone Counseling Services</b>				
<b>California Smokers Helpline (State funded program)</b> 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-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	No cost
<b>American Cancer Society</b> 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
<b>California Smokers' Helpline: Quit Vaping</b> 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	No Cost
<b>American Lung Association</b> 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
<b>Smokefree.gov</b> 1-877-44U-QUIT (1-877-448-7848) 1-800-QUIT-NOW (1-800-784-8669)	Mon-Fri 9am-9pm ET Call for information on class time	English and Spanish	Visit website or call for counseling and educational materials Text QUIT to 47848	No Cost
<b>Kaiser Permanente: APPT Wellness Smoking</b> 1-866-251-4514	Call for information	English and Spanish Other languages available through translation services	Call for more information on services	Members only
<b>Local in-person Services</b>				
<b>Sutter Gould Health Education</b> 209-550-4747 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
<b>Sutter Tracy Community Hospital</b> 209-832-6047 1420 N. Tracy Blvd., Tracy	Call for information	English	Call to sign-up for classes	No Cost
<b>Adventist Health Lodi Memorial Hospital</b> (209) 334-3411 975 S. Fairmont Ave., Lodi	Call for information	English	Call to sign-up for classes. This service is only provided to adults	No Cost
<b>Easy Key to Life</b> 850-750-7850	Call for information	English Spanish	Call to schedule a session	\$160 per person
<b>School Services</b>				
<b>Stockton Unified School District</b> Jennifer Robles 209-933-7130 ext. 2617	Call for information	English	Students are referred to services	No Cost
<b>Manteca Unified School District</b> 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](http://www.sjcphs.org/healthed/health_education_community_resources.aspx) or call (209) 468 2415 (Updated 4/15/21)

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Smart Phone Users					
App	Agency	Language	Description	iPhone	Android
<b>No Butts</b> 	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
<b>QuickStart/Smokefree Teen</b> 	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
<b>QuitGuide</b> 	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
<b>Smoke Free</b> 	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
<b>Nobutts.org</b>	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
<b>BecomeAnEx.org</b>	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
<b>Smokefree.gov</b>	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
<b>Freedomfromsmoking.org</b>	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

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