

## CESSATION RESOURCES FOR SAN JOAQUIN COUNTY

Are you ready to be tobacco free?

Local Services (In-person)			
Agency/Contact	Time(s)	Language(s)	Cost & Services
<b>Sutter Gould Health Education</b> 209-550-4747 2505 W. Hammer Lane, Stockton	Call for Information	English Translation services available	Classes offered. Call for direct services from primary provider
<b>Asian Pacific Self-Development and Residential Association (APSARA)</b> 209-905-2777 3830 Alvarado Avenue Suite C, Stockton	Monday-Friday 8am-5pm	English Khmer Laotian Khmu	Call to make an appointment. Free cessation services are offered by certified tobacco cessation staff based on the needs of the person.

Phone Counseling Services			
Agency/Contact	Time(s)	Language(s)	Cost & Services
<b>Kick It California Helpline</b> (State-Funded Program) <a href="http://kickitca.org">Kickitca.org</a>  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 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.
<b>National Cancer Institute Smoking Quitline</b> <a href="http://Smokefree.gov">Smokefree.gov</a> 1-877-448-7848	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.
<b>American Cancer Society</b> <a href="http://Cancer.org">Cancer.org</a> 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.
<b>American Lung Association</b> <a href="http://Lung.org">Lung.org</a> 1-800-586-4872 Lung Health Professional: 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.

 = QUIT VAPING RESOURCE

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Phone App Services			
Name/Logo	Language(s)	Description	Scan to Download (Android & iPhone)
<b>No Butts</b> 	English	This mobile app offers quick and tailored help, right from the palm of your hand. Created by Kick It California, 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. Website: <a href="https://kickitca.org/quit-smoking-app">https://kickitca.org/quit-smoking-app</a>	 FREE
<b>No Vape</b> 	English	This app was created by Kick It California, a stop vaping service and research-based program at the University of California, San Diego. Features included in the app include a dashboard to view your quit journey, advice on how to get over cravings, and a plan that shares strategies that has helped others quit. Website: <a href="https://kickitca.org/quit-vaping-app">https://kickitca.org/quit-vaping-app</a>	 FREE
<b>QuitSTART</b> 	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: <a href="https://smokefree.gov/tools-tips/apps/quitstart">https://smokefree.gov/tools-tips/apps/quitstart</a>	 FREE
<b>Quit Guide</b> 	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: <a href="https://smokefree.gov/tools-tips/apps/quitguide">https://smokefree.gov/tools-tips/apps/quitguide</a>	 FREE
<b>Smoke Free</b> 	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: <a href="https://smokefreeapp.com">https://smokefreeapp.com</a>	 Basic: FREE Additional costs for more features

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<i>Internet Users (ALL FREE)</i>				
Website	Language(s)	Information	Audience	Text Service?
 <p><b>Kickitca.org</b></p>	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. <a href="https://kickitca.org/quit-smoking-text">https://kickitca.org/quit-smoking-text</a>	Youth & Adults	YES Text: QUIT SMOKING to 66819
 <p><b>BecomeAnEx.org</b></p>	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. <a href="https://www.becomeanex.org/">https://www.becomeanex.org/</a>	Youth & Adults	YES *Must create an account first
 <p><b>Smokefree.gov</b></p>	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. <a href="https://smokefree.gov/tools-tips/text-programs/quit-for-good/smokefreetxt">https://smokefree.gov/tools-tips/text-programs/quit-for-good/smokefreetxt</a>	Youth Adults Women Veterans Seniors	YES Text: QUIT to 47848 Or <a href="#">Register</a>
 <p><b>Freedomfromsmoking.org</b></p>	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. <a href="https://freedomfromsmoking.org/">https://freedomfromsmoking.org/</a>	Youth & Adults	NOT AVAILABLE
<i>Text Message Only (FREE)</i>				
Agency	Language(s)	Information	Audience	Text Service?
 <p><b>Truth Initiative: This is Quitting</b></p>	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.  Website: <a href="https://truthinitiative.org/thisisquitting">https://truthinitiative.org/thisisquitting</a>	Youth & Young Adults Ages 13-24	YES Text: DITCHVAPE to 88709 Parents text: QUIT to 847-278-9715

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