



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
<p>Kick It California Helpline (State-Funded Program) Kickitca.org Text: 66819</p> <p>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</p>	<p>Monday-Friday 7am-9pm</p> <p>Saturday 9am-5pm (Not for Asian Languages)</p>	<p>English Spanish Chinese Korean Vietnamese Translation services available</p>	<p>Free counseling with a coach by phone. Other services include live chat and distribution for educational material by mail or e-mail.</p>
<p>National Cancer Institute Smoking Quitline Smokefree.gov 1-877-448-7848 Veteran's Line: 1-855-784-8838</p>	<p>Monday-Friday 9am-9pm ET</p>	<p>English Spanish</p>	<p>Free programs tailored to veterans, women, pregnant women, teens, and people 60+. Visit the website or call for counseling and educational materials.</p>
<p>American Cancer Society Cancer.org 1-800-227-2345</p>	<p>All day every day</p>	<p>English Spanish Translation services available</p>	<p>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.</p>
<p>American Lung Association Lung.org 1-800-586-4872 Lung Health helpline: 1-800-548-8252</p>	<p>Monday-Friday 7am-9pm CT</p> <p>Saturday- Sunday 9am-5pm CT</p>	<p>English Spanish</p>	<p>Free online and in-person classes, self-guided program, and online community support. Visit website to learn about their "Freedom from Smoking" Program.</p>
<p>Asian Smoker's Quit Line https://www.asiansmokersquitline.org/ Mandarin & Cantonese: 1-800-838-8917 Korean: 1-800-566-5564 Vietnamese: 1-800-778-8440</p>	<p>Monday-Friday 7am-9pm PT</p>	<p>Mandarin Cantonese Korean Vietnamese</p>	<p>Free, accessible, evidence- based cessation services provided by native speakers. Free nicotine patches based on eligibility.</p>

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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 

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

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<p>BecomeAnEx.org</p> 	<p>English Spanish</p>	<p>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/</p>	<p>Youth & Adults</p>	<p>YES *Must create an account first</p>
<p>Smokefree.gov</p> 	<p>English Spanish</p>	<p>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</p>	<p>Youth Adults Women Veterans Seniors</p>	<p>YES Text: QUIT to 47848 Or Register</p>
<p>Freedomfromsmoking.org</p> 	<p>English</p>	<p>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/</p>	<p>Youth & Adults</p>	<p>NOT AVAILABLE</p>
<p>Healthnet.com</p> 	<p>English and other various languages</p>	<p>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</p>	<p>Health Net Members Only</p>	<p>Schedule an appointment with primary care physician, via their member portal or call 1-800-675-6110</p>
Text Message Only (FREE)				
Agency	Language (s)	Information	Audience	Text Service?
<p>Truth Initiative: This is Quitting</p>	<p>English</p>	<p>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</p>	<p>Youth & Young Adults Ages 13-24</p>	<p>YES Text: DITCHVAPE to 88709 Parents text: QUIT to 847-278-9715</p>

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