

# ARE YOU READY TO BE SMOKE-FREE?





## CALL STOPP SMOKING HELPLINE

**1-800-540-6775 or (209) 468-8637**

Updated October 2022

Agency/ Contact	Times	Language	Cost
<b>Phone Counseling Services</b>			
<b>Kick It California Helpline (State funded program)</b> <b>Kickitca.org</b> 1-800- 300-8086 <i>Spanish:</i> 1-800-600-8191 Text "Quit Smoking" to 66819	Mon-Fri: 7am-9pm Sat: 9am-5pm	English Spanish Chinese/Mandarin/Cantonese Korean Vietnamese (Other languages available through a translation services)	Free counseling with a coach by phone. Other services include live chat and distribution of educational material by mail or e-mail.
<b>National Cancer Institute Smoking Quitline</b> <b>Smokefree.gov</b> 1-877-44U-QUIT (1-877-448-7848) Text "QUIT" to 47848	Mon-Fri: 9am-9pm ET Live Chat Available	English Spanish	Free programs tailored to veterans, women, pregnant women, teens, and those 60+. Visit website or call for counseling and educational materials.
<b>American Cancer Society</b> <b>Cancer.org</b> 1-800-ACS-2345 (1-800-227-2345)	Available: 24hrs./day 7 days/ week	English and Spanish Other languages available through translation services	Free counseling sessions by phone. Other services include live chat and distribution of educational material by mail or e-mail.
<b>American Lung Association</b> <b>Lung.org</b> 1-800-LUNG-USA (1-800-586-4872) 1-800-548-8252	Mon-Fri: 8am-9pm CT Sat: 8am-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".
<b>Kaiser Permanente</b> 1-866-454-8855	1:1 Health Coaching 24 hr. Advice Line	English Spanish	Call for direct services from primary provider
<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 for direct services from primary provider
<b>Sutter Tracy Community Hospital</b> 209-832-6047 1420 N. Tracy Blvd., Tracy	Call for Information	English	Call for direct services from primary provider
<b>Adventist Health Lodi Memorial Hospital</b> Lung Line (209) 339-7445 800 S. Lower Sac. Road, Lodi	Tuesdays and Fridays 8-5pm	English	Call for more information

### 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 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. <a href="https://kickitca.org/quit-smoking-app">https://kickitca.org/quit-smoking-app</a>	Free	Free
<b>QuitSTART</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. <a href="https://smokefree.gov/tools-tips/apps/quitstart">https://smokefree.gov/tools-tips/apps/quitstart</a>	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. <a href="https://smokefree.gov/tools-tips/apps/quitguide">https://smokefree.gov/tools-tips/apps/quitguide</a>	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. <a href="https://smokefreeapp.com">https://smokefreeapp.com</a>	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>Kickitca.org</b>	University of California, San Diego & California Smokers' Helpline	English	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.	Youth & Adults	Free
<b>BecomeAnEx.org</b>	American Legacy Foundation	English Spanish	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 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.	Youth, Adults, & Vets 60+	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