

QUITTING SMOKING RESOURCE SHEET



LOCAL PROGRAMS, CLASSES, AND MATERIALS

American Lung Association of San Diego & Imperial Counties – Self-help quit smoking materials include **Freedom from Smoking** workbooks and audiotapes for a small charge. Call 619-297-3901 with questions or to order. Local quit smoking classes are **not** currently offered by ALA.

California Smokers Helpline – Toll-free telephone advice and support for all California residents who are thinking about quitting, or simply have questions about quitting.

www.californiasmokershelpline.org

English 1-800-NO-BUTTS (1-800-662-8887)	Mandarin & Cantonese 1-800-838-8917	TDD/TTY 1-800-933-4TDD (1-800-933-4833)
Spanish 1-800-45-NO-FUME (1-800-456-6386)	Vietnamese 1-800-778-8440	Chewing Tobacco 1-800-844-CHEW (1-800-844-2439)
	Korean 1-800-556-5564	

California Smokers Helpline Teen Website – Fun and informative site for teens who smoke.

<http://nobutts.ucsd.edu/>

County of San Diego Tobacco Control Resource Program – Publishes *Tobacco Cessation Programs in San Diego County*, a brochure listing local programs which is updated on a regular basis. Obtain online at <http://www2.sdcountry.ca.gov/hhsa/ServiceDetails.asp?ServiceID=646> or by calling TCRP at 1-800-660-7537.

Nicotine Anonymous – Holds weekly meetings at 6 San Diego County locations: Escondido, Encinitas, Pacific Beach, Balboa Park, El Cajon, and Normal Heights. Call the San Diego County NA Hotline at 619-682-7092 for the most current schedule and information.

<http://www.nicotine-anonymous.org/>

Patches, gum and other quit smoking aides – Some health insurance plans, including Medi-Cal, will pay for the patch for those enrolled in a quit smoking program (includes the California Smokers' Helpline). Check with your insurance company to find out whether you are covered for prescription cessation aides (Chantix™ or Zyban™) or a nicotine replacement product such as gum, inhaler, patch, or spray. For Medi-Cal information, call 858-514-6885.

SAN DIEGO COUNTY CESSATION PROGRAMS

Camp Pendleton Naval Hospital

Camp Pendleton, CA 92055
760-725-1408
No Charge (eligible military only)

Kaiser Permanente

Freedom From Tobacco
11990 San Diego Mission Rd
San Diego, CA 92108
6-week course. No charge; members only
619-641-4194

Naval Hospital, San Diego

Health Promotion
34800 Bob Wilson Dr
San Diego CA 92134
No charge (eligible military and beneficiaries only)
619-532-7647

San Diego State University Health

Promotion, Student Health Services
5564 Hardy Ave
San Diego, CA 92182
One-on-one counseling SDSU students only.
No charge.
619-594-4133

Sharp Grossmont Hospital, Wellness Center

Second Breath
9000 Wakarusa
La Mesa CA 92141
Small group classes. Call for fees, times and locations.
858-271-5340

Sharp Center for Health Promotion

Second Breath
3571 Corporate Court. Bldg. E, Suite D
San Diego CA 92123
Small group classes. Call for fees, time and places
858-627-5340

Palomar Pomerado Health

Smoke Stoppers
15255 Innovation Dr. Suite 204
San Diego CA 92128
800-628-2880
\$60 for self study materials

Smoke Stoppers of San Diego

3699 Park Blvd
San Diego, CA 92103
\$229 for one-week program (5-day advanced registration); \$269 otherwise stop smoking or pay nothing lifetime guarantee - come back, tuition free.
619-296-8700

Smokenders

P.O. Box 22664
San Diego CA 92192
\$129 for self-study materials. Call for time and locations.
858-455-5321

Paradise Valley Hospital, Center for Health Promotion

Smoking Cessation
2400 East 4th Street
National City, CA 91950
Free six-week course if in service area. Call for location and to register.
619-470-4784

Southern Indian Health Council

4058 Willows Road
Alpine CA 91901
Services for American Indians only. No fees.
619-445-1188

Vista Community Clinic

Locations throughout North County Inland
Free classes conducted in Spanish
760-407-1220 Ext. 142

NATIONAL QUIT SMOKING WEBSITES

American Legacy Foundation --Raises awareness of the toll tobacco has taken upon women and encourages women to seek help to quit smoking.

<http://women.americanlegacy.org/quit/index.cfm>

American Lung Association – Hosts **Freedom from Smoking** Online, a step-by-step quit smoking program based on the successful group classes. Now you can receive help 24 hours a day in the comfort of your own home at no charge!

www.ffsonline.org

CDC Office on Smoking and Health-How to Quit – Federal government site with links to quit smoking resources. Also maintains complete information and publications on tobacco health effects, research and Surgeon General's reports.

<http://www.cdc.gov/tobacco/how2quit.htm>

The QuitNet -- offers smokers an on-line support community, forums moderated by counselors, and individually tailored advice to help them kick their nicotine addiction. <http://www.quitnet.org>

Smokefree.gov -- offers science-driven tools, information, and support that have been effective in helping smokers quit. www.smokefree.gov

BOOK

7 Steps To A Smoke-Free Life (published by John Wiley & Sons, Inc).; available through retail book stores and the American Lung Association Website, www.lungusa.org--This straightforward book carefully guides smokers through the seven steps that will lead to a longer healthier life. The book provides guidance and support smokers need to cope with cravings, manage stress, keep off extra weight, avoid setbacks, and stick with their plans to quit smoking.

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