

Tobacco Cessation and Education Resources

THE CALIFORNIA SMOKERS' HELPLINE

Telephone Counseling Numbers:

English 1-800-662-8887 (NO-BUTTS)

Spanish 1-800-456-6386 (NO-FUME)

Mandarin & Cantonese 1-800-838-8917

Vietnamese 1-800-778-8440

Korean 1-800-556-5564

TDD/TYY (Hearing Impaired) 1-800-933-4833

Chewing Tobacco 1-800-844-2439

Hours Available

Monday – Friday 7 am – 9 pm

Saturday 9 am – 1 pm

(Voice mail available after hours to leave message)

Type of Service: Confidential, one-on-one telephone counseling for **teens and adults** if you are ready to quit smoking and want some help.

Self-help materials available, including Medical

Incentives: Free Nicotine Patches & \$20.00 Gift card.

See attached documents for more information below

Cost: Free

For Medi-Cal Members <http://bit.ly/VSU3qy>

For Medi-Cal Providers <http://bit.ly/1tKglmg>

AMERICAN CANCER SOCIETY

Contra Costa Unit

For teens & adults

(925) 934-7640

1-800-227-2345

Location: 101 Ygnacio Valley Road,
Walnut Creek, 94596

Type of Service: self-help materials; information for pregnant women; referrals to cessation services

Cost: Free

QUIT TOBACCO WORKSHOP

Cynthia Corbet

(925) 484-4413

Offers on-site, customized smoking cessation workshops to health care agencies and businesses.

Fee based on service.

CESSATION WEBSITES

For all smokers: <http://www.nobutts.org>

Especially for teens: <http://nobutts.ucsd.edu>

CONTRA COSTA COUNTY HEALTH SERVICES HEALTH CLINICS

(800) 495-8885 Appointment Line

Location: Concord Health Clinic,
3052 Willow Pass Road.

Type of Services offered:

One-day class held on a one-to-one basis for CCHP members and Clinic patients. Make appointments by going through personal CCHP physician.

Cost: Free to CCHP members

Freedom From Smoking classes

1-855-421-3400

Classes offer support and information on smoking cessation and are located at two locations shown below.

Pittsburg Health Center

2300 Loveridge Rd., Cedar Room, Pittsburg

County Administration Building

651 Pine Street Suite 101, downtown Martinez

Great American Smoke Out held week before

Thanksgiving and offers incentive items and cessation support.

Cost: Free to CCHP members and public

AMERICAN LUNG ASSOCIATION OF CALIFORNIA

510-638-5864 or 1-800-LungUSA

Offers callers cessation support counseling sessions.

Location: 424 Pendleton Way,
Oakland, CA 94608

Type of Service: referrals to cessation services; literature

Cost: Free

NICOTINE ANONYMOUS

NO. CALIFORNIA HOT LINE: (415)995-1938

Type of Service: 12-step support group

Website www.nica.norcal.org

Cost: Free

Over →

KAISER PERMANENTE DIABLO SERVICE AREA

(See list below for the many class locations in central and eastern Contra Costa County)

Call the Health Education at 1-866-248-0721 during business hours (M-F 8:30-4:30) for enrollment, class locations and schedule.

Location	Address	Services Offered (*See Types of Service Below)
Antioch Medical Center	4501 Sand Creek Road Antioch, CA 94531	1 & 2
Martinez	200 Muir Road Martinez, CA 94553	1 & 2
Walnut Creek	1425 South Main Street Walnut Creek, CA 94596	2

*Types of Service:

1. Quit Tobacco Workshop: 3 hour workshop to develop quit plan. Participation qualifies members with supplemental drug coverage to receive tobacco cessation medication (such as the nicotine patch) at co-pay. Classes are usually held on Saturday.

Cost: Kaiser Members - Free, Non-members - \$30

2. Freedom from Tobacco Series: 6-week, 6 session, 6:00 pm – 8:00 pm. Learn tools for preparation, quitting, & relapse prevention. **(Spanish version available at Antioch Medical Center only)**

Cost: Kaiser Members - Free, Non-members - \$120

KAISER PERMANENTE RICHMOND

(510) 307-2210

901 Nevin Avenue
Richmond, CA 94801

Types of Service:

1. Quit Tobacco Workshop: 3-hour workshop to develop quit plan. (Offered once monthly)

Cost: Kaiser Members - Free, Non-members - \$30.00

2. Freedom from Tobacco Series: 6-week, 6 session, 6:00 pm – 8:00 pm. Learn tools for preparation, quitting, & relapse prevention.

Cost: Kaiser Members - Free, Non-members - \$80.00

AT ALL KAISER LOCATIONS

3. Health Media Breathe: Online Class offered at www.kp.org

You will be asked to complete a 15-minute questionnaire about your smoking habits. Once you submit your completed questionnaire, you will receive your personal smoking cessation plan right away.

4. Wellness coaching by phone 1-866-251-4514

Cost: Free and available to Kaiser Members only