

Resources to Help You Quit Smoking or Vaping

Quit Apps, Helplines, and Text Lines:

QuitSTART App

QuitSTART is a free app made for teens who want to quit smoking. This app gathers information about your smoking history and gives you tailored tips, inspiration, and challenges to help you live a healthier life. Run by the National Cancer Institute.

Cost: Download free on iTunes and Android.

Website: teen.smokefree.gov

Truth Initiative E-Cigarette Quit Program

Free text message program created with input from teens who have successfully quit e-cigarettes. Tailored by age group to give recommendations about quitting. Can also support parents who are concerned about their child's vaping. Text "DITCHJUUL" to 88709.

Website: truthinitiative.org/quitcigarettes

Smokefree TXT

Smokefree TXT is a mobile text messaging program that provides 24/7 tips, advice, and encouragement to help you quit smoking. No cost.

Run by the National Cancer Institute. To sign up for SmokefreeTXT, simply text QUIT to IQUIT (47848).

California Smokers' Helpline

Call 1-800-NO-BUTTS (English) or 1-800-NO-FUME (Spanish) to speak with a trained counselor who will offer support and help you make a quit plan. Available in multiple languages for adults and teens. Open 6 days a week. Free & confidential.

Website: www.nobutts.org

No vape line: 1-844-8-NO-VAPE

Quit Groups & Classes:

Not On Tobacco® (aka "N-O-T")

A voluntary smoking cessation program for teens ages 14-19. Over 10 weeks, participants learn to identify their reasons for smoking, find healthy alternatives to tobacco use, and develop a support system. No cost. Run by the American Lung Association.

Website: Lung.org

Email: NOT@Lung.org

Phone: 1-800-LUNGUSA (1-800-586-4872)

Breathe California

Customized "Ash Kickers" quit smoking program for small groups of individuals. Six sessions over six weeks (currently offered virtually).

Cost: Small fee. Contact for more information.

Website: www.ashkickers.org

Email: jason@lungsrus.org

Phone: (650) 994-5868

Address: 1469 Park Avenue, San Jose, CA 95126

Cessation Counseling:

Adolescent Counseling Services

One-on-one counseling with a substance abuse counselor. Ages 12-24. Support groups offered for youth and for caregivers.

Cost: Sliding scale fees

Website: www.acs-teens.org

Phone: (650) 424-0852; use ext. 108 to schedule an appointment

Address: 643 Bair Island Rd, Suite 402, Redwood City, CA 94063

El Centro De Libertad

Individual or group counseling for drug, alcohol, and tobacco use. All programs are available in English & Spanish. Resources and referrals available for families who need support with medical care or housing needs.

Cost: Free of charge for youth

Website: elcentrodelibertad.org

Phone: (650) 599-9955

Address: 500 Allerton St, Redwood City, CA 94063

HealthRight360

HealthRIGHT 360 offers substance use disorder treatments such as residential and outpatient services with integrated mental health services, individual and group therapy, and primary medical care for ages 12 and up.

Cost: Covered by San Mateo County Medi-Cal. Sliding scale fees for private pay.

Website: www.healthright360.org

Phone: (415) 762-3700

Intake: (650) 348-6603

Address: 2015 Pioneer Court, Suite B San Mateo, CA 94403

YSB - FIRST STOP

Individual counseling for drug, alcohol, and tobacco use facilitated at YSB clinics and on select school campuses. Youth can be referred from Diversion, school staff, families and by self.

Cost: Medi-Cal provider, or sliding scale fee

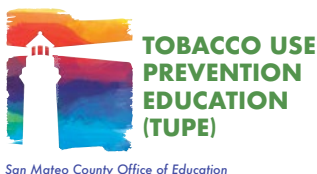
Website: www.ymca.org

Email: MHitchcock@ymca.org

for referral form. Form must be printed and faxed to YSB Intake Coordinator.

Phone: (650)-877-8642

Address: 1650 S. Amphlett Blvd, Ste. 114, San Mateo, CA 94402



Remember: If you think your child is addicted to nicotine, talk to your doctor. Help is available.

Email us with questions: TUPE@smcoe.org