




69%
of smokers
want to
QUIT

 **HOW CAN YOU HELP?**

 **Ask + Listen!**

**Start with these
3 questions:**

- + What do you **LIKE** about **SMOKING**?
- + What **DON'T** you **LIKE** about **SMOKING**?
- + How would your life be **DIFFERENT** if you **QUIT SMOKING**?

 **Refer to California Smokers' Helpline!**

ENGLISH
1-800-NO-BUTTS

SPANISH
1-800-45-NO-FUME

TDD/TYY
1-800-933-4TDD

KOREAN
한국어
1-800-556-5564

VIETNAMESE
Tiếng Việt
1-800-778-8440

MANDARIN & CANTONESE
中文
1-800-838-8917

There is help and it's FREE!

Medi-Cal Members: Want to stop smoking?

Medi-Cal members: Get a FREE \$20 gift card when you call the California Smokers' Helpline and complete one free counseling session.

STOP SMOKING/QUIT TOBACCO RESOURCES

Quit Tobacco/Smoking Classes

Learning Exchange \$
www.learningexchange.com
Stop smoking forever...
In one session

Mercy General Hospital \$
916-453-4268
www.mercygeneral.org
6-week quit smoking program;
After completion, 1/2 refundable

Mercy San Juan Hospital \$
916-537-5299
www.mercysanjuan.org
6-week quit smoking program;
Call to register

Nicotine Anonymous FREE
916-364-0273
Free 12-step quit smoking
program; Offered at
various locations

FREE for Members

Kaiser Permanente
Health Education FREE
916-688-6783
916-746-4369
www.kp.org
Quit Tobacco Workshop
Freedom From Tobacco
5-week, 6-session program;
ALL services free for KP members

Sac County Primary Care Center FREE
916-874-9670
Free medication to assist with quitting;
For CMISP patients only

UC Davis Health System FREE
916-734-0718
[www.ucdmc.ucdavis.edu/
chronicdisease](http://www.ucdmc.ucdavis.edu/chronicdisease)
Quit smoking program;
Free to all UCD members

Free Quit Kits

Breathe CA of Sacramento-
Emigrant Trails/STAND FREE
916-444-5900
www.sacstand.com

SOL Project FREE
888-744-SOUL
www.thesolproject.com

Youth Services

SmokefreeTXT \$
www.teen.smokefree.gov
Quitting: on your phone,
on your terms

For more information on
quitting tobacco,
contact your school district's
TUPE coordinator:

Arcohe Union
School District
(209) 748-2313

Center Unified
School District
(916) 338-7581

Elk Grove Unified
School District
(916) 686-7568

Folsom Cordova Unified
School District
(916) 294-9000 x 102316

Sacramento City Unified
School District
(916) 643-9262

San Juan Unified
School District
(916) 979-8601

Twin Rivers Unified
School District
(916) 566-1600

Phone Counseling & Online Services

Free phone counseling, referral,
and/or online quit tobacco programs:

American Lung Association FREE
1-800-LUNG-USA
www.ffsonline.org

American Cancer Society FREE
1-800-277-2345
www.cancer.org

California Smokers' Helpline FREE
1-800-662-8887
www.nobutts.org

The EX Team FREE
www.becomeanex.org

My Last Dip FREE
www.mylastdip.com

Other Services

Accredited Acupuncture Clinic \$
916-924-7911
[www.accredited-
acupuncture.com](http://www.accredited-acupuncture.com)
Acupuncture for quitting tobacco;
Free initial consultations

CA Institute of the Healing Arts
& Sciences— Wisdom Center \$
916-484-1700
www.californiainstitute.net
Alternative healing programs, in
person or over the phone; Rates
vary; Free consultation

Help Me Dr. Ronda, Inc. \$
916-922-3100
www.helpmedronda.com
Free initial consultations;
Behavioral habit control,
hypnotherapy sessions

William Blank Hypnotherapy \$
916-487-2530
www.sacramentohypnosis.com
Quit smoking in 2 hypnotherapy
sessions

For more information, please call the Sacramento County Tobacco Education Program*

916-875-5869

*Sacramento County does not endorse or recommend any stop smoking/quit tobacco products,
medications, processes, services or resources.