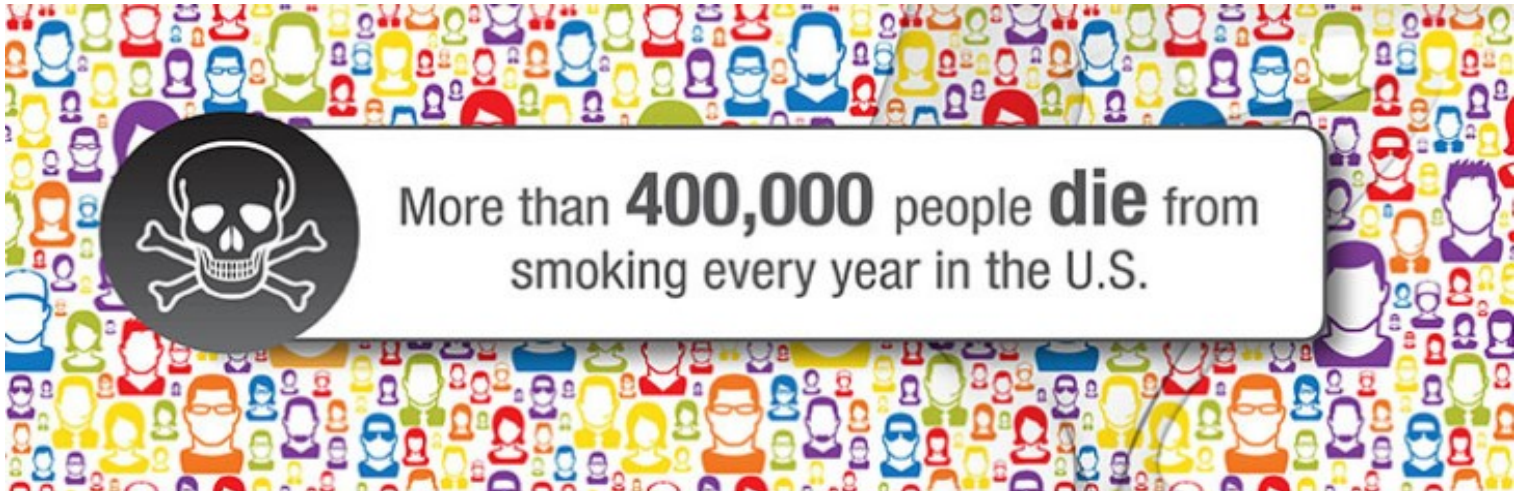


ARE YOU READY TO QUIT?



Call the California Smokers' Helpline!

ENGLISH
1-800-NO-BUTTS

KOREAN
한국어
1-800-556-5564

SPANISH
1-800-45-NO-FUME

VIETNAMESE
Tiếng Việt
1-800-778-8440

TDD/TYY
1-800-933-4TDD

MANDARIN &
CANTONESE
中文
1-800-838-8917

There is help, and it's FREE!

VAPE USERS CALL
1-844-8-NO-VAPE
(1-844-866-8273)

VAPE USERS TEXT
"Quit Vaping" to
66819

Must be at least 15 years or older to call or text.

Nicotine Patches: Free nicotine patches made possible by funding from FIRST 5 California.

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SACRAMENTO
COUNTY

SACRAMENTO COUNTY



PUBLIC
HEALTH

Promote • Prevent • Protect

Local Resources

Phone Counseling & Online Services

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

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

Freedom From Smoking \$
1-800-586-4872
www.ffsonline.org

The EX Team FREE
www.becomeanex.org

“69 % of smokers want to QUIT!”

Accredited Acupuncture Clinic \$
916-924-7911
www.accredited-acupuncture.com
Acupuncture for quitting tobacco;
Free initial consultations

Department of Veterans Affairs (Veterans Only) FREE
1-855-QUIT-VET
916-924-7911
<http://www.publichealth.va.gov/smoking/>

Free Quit Kits

Sacramento County Tobacco Education Program FREE
916-875-5869
www.bit.ly/tccsacramento

Local Classes & Support Groups

Nicotine Anonymous FREE
<http://nica-norcal.org/meetings.html>
12-step Quit Smoking Program;
offered at various locations

Sutter Express Care \$
1-800-972-5547
www.sutterexpresscare.com/services/smoking.com
The Stop Smoking Program,
for adults 18+

Other Services

CVS Minute Clinic \$
1-866-389-2727
www.cvs.com/minuteclinic/resources/smokingcessation
Start to Stop Smoking Cessation Program; 1-on-1 consultation with practitioner

Help Me Dr. Ronda, Inc. \$
www.helpmedronda.com
Free initial consultations;
Behavioral habit control,
hypnoterapy sessions

Health Plan Resources

Kaiser Permanente Health Education FREE
South Sacramento 916-688-2428
Quit Tobacco Workshop
Freedom From Tobacco
6, 2 hour-session program;
Telephone Cessation Coaching
(1-866-251-4514)
ALL services for KP members ONLY

Mercy HealthCare of Sacramento \$
916-453-4521
“No Ifs, Ands or Butts”
Behavior Modification
6-week classes

UC Davis Health System FREE
916-734-0718
Toll Free: 1-866-683-2154
www.ucdmc.ucdavis.edu/chronicdisease
Quit Smoking Program;
Free to all UCD members,
and some
classes open to community members

Stop Smoking Sacramento \$
916-729-0737
www.stopsmokingsacramento.com
Hypnoterapy sessions,
Neuro-linguistic programing

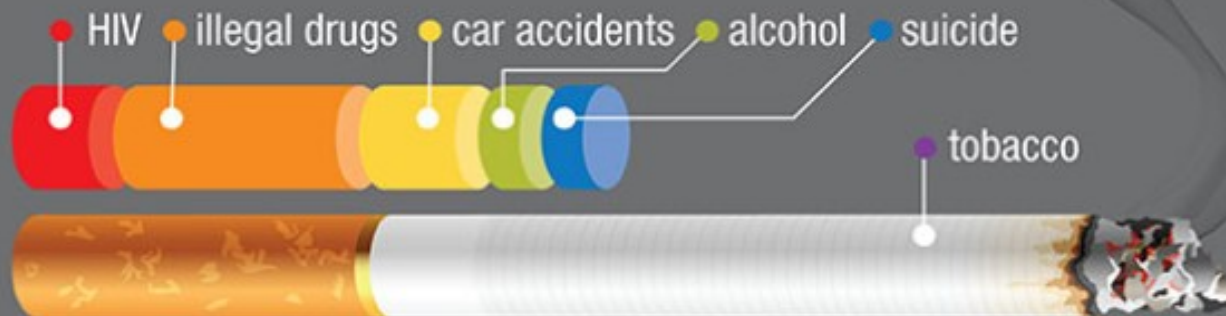
California Rural Indian Health Board (CRIHB) FREE
Tobacco Program
916-929-9761
Type Of Service: Tobacco prevention & education for American Indians
<https://crihb.org/>

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.
Updated December 2019

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