

RESOURCES TO HELP YOU QUIT SMOKING

San Mateo County Tobacco Prevention Program: (650) 573-3777

Breathe California

1 Sutter Street, Suite 225
San Francisco, CA 94104

Website: <http://www.ashkickers.org/>

Email: ashkickers@ggbreathe.org

Phone: (650) 994-5868

Types of Services: Customized Ash Kickers quit smoking program for workplaces and groups of individuals

Cost: Small fee. Contact RandyU@ggbreathe.org for more information.

California Smokers' Helpline

Phone: 1-800-NO-BUTTS

Phone: 1-800-662-8887

Types of Services: When you call, a friendly staff person will offer a choice of services: self-help materials, a referral list of other programs, and one-on-one counseling over the phone

Stanford Healthcare

Matthew Kendra, PhD
401 Quarry Road
Stanford, CA 94305

Phone: (650) 498-9111, press option 2

Website: <https://stanfordhealthcare.org/for-patients-visitors/quit-smoking-stanford.html>

Types of Services: Integrative smoking cessation program. This unique program is backed by the latest research and incorporates the most effective smoking cessation treatments. The program combines an individual session to build your motivation, a support group that teaches cognitive-behavioral and mindfulness skills to help you quit smoking, and streamlined referral to nicotine replacement therapies and medications. Serves 18+, English-speaking

Cost: Most insurances accepted; call to clarify your insurance benefits.

American Cancer Society

Phone: 1-800-227-2345

Website: www.cancer.org

Types of Services: Organization provides free information on quitting smoking

National Quitline

Phone: 1-800-QUIT-NOW

Website: www.naquitline.org

Types of Services: Organization provides free information on quitting smoking

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Kaiser Permanente Medical Group - Health Education Department

1190 Veterans Blvd., 2nd Floor
Redwood City, CA 94063
Phone: (650) 299-2433

1200 El Camino Real
South San Francisco, CA 94080
Phone: (650) 742-2439

Types of Services:

Quit Smoking Workshop (1-Session, Free to members, \$15 non-members)

Ex-Smoker's Support Group (1-Session, Free)

Freedom from Tobacco Series (7-Sessions, Free to members, \$50 non-members)

Employee benefit for SMC employees.

Services can be used on County work time with Supervisor approval



Mills - Peninsula Health Services

1501 Trousdale Drive
Burlingame, CA 94010
(650) 696-5537

Types of Services: Call it Quits is a comprehensive 4-week outpatient smoking cessation and relapse prevention program. It includes intensive 2-hour sessions each week designed for people who must quit smoking now, and weekly ongoing relapse prevention meetings.

American Lung Association

Website: www.lung.org/stop-smoking/

Website: www.ffsonline.org

Types of Services: Freedom From Smoking Online takes you through modules accessed through a website. The modules include valuable information and most contain an assignment to complete. The assignments reinforce the messages in each lesson and your commitment to quit.

Cost: \$15 to \$40

Blue Shield

Website: www.blueshieldca.com

Services can be used on County work time with Supervisor approval



Types of Services: Coverage of prescription smoking cessation medication limited to one 12-week course per lifetime; Quit for Life Web-based and telephone coaching

Cost: Employee benefit for SMC employees.