

Help is just a phone call away!

The California Smoker's Helpline is a telephone program that can help you quit smoking. **Helpline services are free**, funded by the California Department of Health Services.

Whether you're ready to quit or just thinking about it, **call 1-800-NO BUTTS**. Counselors are available to speak with you in any of the following languages from Monday-Friday, 9:00 AM to 9:00 PM and Saturday, 9:00 AM to 5:00 PM.

When you call, a friendly multi-lingual staff person will offer a choice of services: self-help materials, a referral list of other programs in your area, and confidential one-on-one counseling over the phone.

English 1-800-NO-BUTTS

Spanish 1-800-45-NO-FUME

Mandarin 1-800-838-8917

& Cantonese

Vietnamese 1-800-778-8440

Korean 1-800-556-5564

TDD/TTY 1-800-933-4TDD (-4833)

Chewing Tobacco 1-800-844-CHEW (-2439)



California Smokers' Helpline
1-800-NO-BUTTS

OTHER CESSATION RESOURCES

SUPPORT

The most successful attempts to quit smoking include support and medications. Facilitated groups and/or counseling services are available to assist people who want to quit smoking and successfully become a former smoker.

MEDICATIONS

A variety of medications are available to people who smoke and want to quit by reducing the withdrawal symptoms. Nicotine Replacement Therapy (NRT) is aimed at reducing cravings associated with nicotine withdrawal on a gradual basis. Some NRTs are available over-the-counter for example, nicotine gum, lozenges and the patch. Other NRTs require a prescription from your medical provider such as nicotine nasal spray and the nicotine inhaler. Two other medications are also available by prescription, Zyban (an SSRI/ antidepressant) and the nicotine blocker, Chantix.

For a complete copy of available Cessation Services in Alameda County.

Please contact the
Cessation Resource Hotline

1-800-LUNG-USA

a project of

 **AMERICAN LUNG ASSOCIATION.**
IN CALIFORNIA

424 Pendleton Way
Oakland, CA 94621
(510) 638-5864
(510) 638-8984 Fax

**Become
Smoke-Free!**



Alameda County

Tobacco Cessation Resource List

Updated 10/2010



 **AMERICAN LUNG ASSOCIATION.**
IN CALIFORNIA

Made possible by funds from the
Alameda County Health Care Services Agency,
Public Health Department, Tobacco Master
Settlement Agreement Funds.

Alameda County TOBACCO CESSATION CLASSES AND SUPPORT GROUPS

BERKELEY

Berkeley Primary Care Clinic.....(510) 204-4835
FREE for homeless & low income

Berkeley Unified School District.....(510) 644-8987
FREE to BUSD Students
 Individual counseling and quit smoking groups

City of Berkeley.....(510) 981-5330
 Tobacco Prevention Program
FREE - 2 and 6 week sessions
 Groups for pregnant women
 Acupuncture and Hypnosis
 Email: QuitNow@ci.berkeley.ca.us

Nicotine Anonymous..... (510) 658-3055
FREE www.nica-norcal.org

Over 60 Health Center.....(510) 428-4550
FREE Weekly Senior Cessation Support Group, Individual Counseling

University Health Services.....(510) 642-6074
 Tang Center
FREE - Resources and Counseling

CASTRO VALLEY

Eden Hospital Center.....(510) 889-5079
 A New Approach to Quitting smoking
 Fee - \$25/day 9:30-1:30pm
 www.edenmedicalcenter.org

Do you know of any services that should be added to this list?



424 Pendleton Way OR (510) 638-5864

FREMONT

Kaiser Permanente
 Fremont.....(510) 248-3455
 Hayward/Union City.....(510) 784-5341

All sessions: **FREE** - Kaiser Members
 FEE - Non-Kaiser Members

Smoking & Tobacco Cessation Program
 7 sessions, \$75 Non-Kaiser Members
Quit Smoking Workshop
 1 Session, \$25 Non-Kaiser Members

*Clinical Health Educators available for individual counseling

Washington Hospital.....(510) 745-6524
 FEE—call for pricing

Tri City Health Center.....(510) 713-6690
FREE Smoking Cessation classes for the LGBT & HIV community (English and Spanish)

HAYWARD

Kaiser Permanente.....(510) 784-4531
FREE to members
 Fee for Non-Members
 See under Fremont Kaiser for listings.

St. Rose Hospital(510) 331-2826
 Nicotine Anonymous
FREE www.nica-norcal.org

Winton Wellness Center.....(510) 266-1737
FREE to clinic patients

LIVERMORE

Nicotine Anonymous.....(925) 895-8171
FREE

NEWARK

Newark Health Center.....(510) 567-5858
FREE to clinic patients
 Cessation counseling, Cessation and Support Groups
 English, Spanish, Cambodian, Vietnamese

OAKLAND

Alta Bates Medical Center.....(510) 869-8833
 By physician referral: One-on-one counseling

American Cancer Society.....(800) 227-2345
 Training for facilitators of cessation programs

Catherine A. McDonald, MD.....(510) 652-7095
Fee - Tobacco Treatment Specialist

Eastmont Wellness Center.....(510) 266-1737
FREE to clinic patients

East Oakland Health Center.....(510) 613-2246
FREE Cessation Support Groups

Kaiser Permanente.....(510) 725-6150
(510) 752-1000
 All sessions: **FREE** - Kaiser Members
 FEE - Non-Kaiser Members

Quit Smoking Workshop
 1 Session, \$25 Non-Kaiser Members
Smoking & Tobacco Cessation Program
 7 sessions, \$75 Non-Kaiser Members

Nicotine Anonymous.....(510) 658-5323
FREE www.nica-norcal.org(510) 395-5373

Oakland Newark Health Center.....(510) 266-1737
FREE: Individual Counseling & Cessation Programs

West Oakland Health Center.....(510) 613-2246
FREE Cessation Support Groups

PLEASANTON

Kaiser Permanente.....(925) 847-5172
FREE to members
 Fee for Non-Members
 Call for classes offered

SAN LEANDRO

Alameda Alliance for Health.....(510) 747-4500
 Patients are referred to other classes and costs are covered by Alameda Alliance

UNION CITY

Kaiser Permanente.....see Fremont Kaiser

