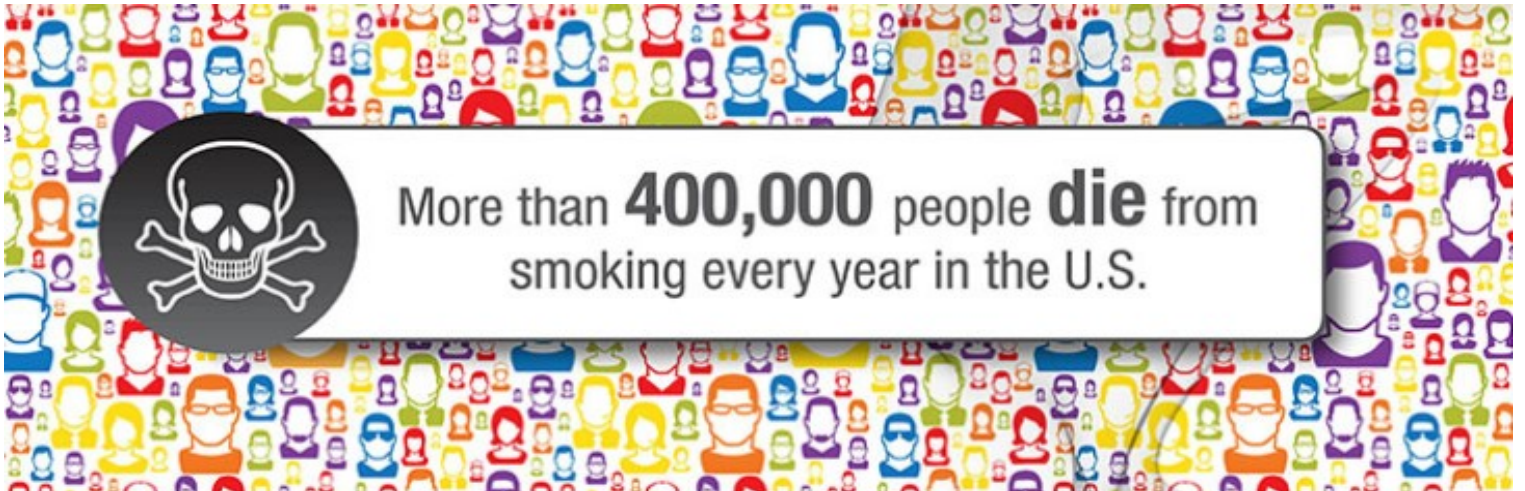


ARE YOU READY TO QUIT?



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)

OR 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.

To see if you qualify, call 1-800-NO-BUTTS.



SACRAMENTO COUNTY



Promote • Prevent • Protect

Local Resources

Phone Counseling & Online Services

American Cancer Society FREE
1-800-277-2345
Extension 3
www.cancer.org

American Lung Association FREE
Free Counseling and Advice
1-800-LUNG-USA
www.ffsonline.org

The Truth Initiative
The EX Team FREE
www.becomeanex.org
or To Quit JUUL/Vaping
Text DitchJUUL to

“69% of smokers want to QUIT!”

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
1, 2, 3 Stop Smoking Program,
for adults 18+

Free Quit Kits

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

Health Plan Resources

Kaiser Permanente Health Education FREE
South Sacramento 916-688-2428
Quit Tobacco Workshop
Freedom From Tobacco
Telephone Cessation Coaching
(1-866-251-4514)
All services for KP members ONLY

Mercy HealthCare of Sacramento \$
916-453-4521
Behavior Modification
6-week classes
Wednesdays 5:30pm

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 Only

Local Pharmacies

Pucci's Pharmacy \$
916-442-5891 or
Text 916-796-4514
<http://www.puccirx.com/>
Offering Smoking Cessation
Counseling and *NRT
Billed to health plan when eligible

Ten Acres Pharmacy \$
916-942-9575
<https://tenacrespharmacy.com>
Offering Smoking Cessation
Counseling and *NRT
Billed to health plan when eligible

Other Services

CVS Minute Clinic \$
1-866-389-2727
<https://www.cvs.com/minuteclinic/services/smoking-cessation>
Start to Stop Smoking Cessation
Program: 1-on-1 consultation

Department of Veterans Affairs (Veterans Only) FREE
1-855-QUIT-VET or
Text VET to 47848
<http://www.publichealth.va.gov/smoking/>

Stop Smoking Sacramento \$
916-729-0737
www.stopsmokingsacramento.com
7 day e-course available,
Hypnotherapy sessions,
Neuro-linguistic programming

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

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

**Nicotine Replacement Therapy*

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 November 2020