

# 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](mailto: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](mailto: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/smoking-cessation.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](http://www.cancer.org)

**Types of Services:** Organization provides free information on quitting smoking

## **National Quitline**

**Phone:** 1-800-QUIT-NOW

**Website:** [www.naquitline.org](http://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/](http://www.lung.org/stop-smoking/)

Website: [www.ffsonline.org](http://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](http://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.