

## 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

