

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.

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.

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.

English 1-800-No-Butts

Spanish 1-800-45-NO-FUME

Mandarin
& Cantonese 1-800-400-0866

Vietnamese 1-800-778-8440

Korean 1-800-556-5564

TDD/TTY 1-800-933-4TDD

Chewing Tobacco 1-800-844-CHEW



California Smokers' Helpline
1-800-NO-BUTTS

OTHER CESSATION RESOURCES

COUNSELING

The most successful methods of quitting smoking combine counseling and medication.

Counseling and individual motivation can make the difference between smoking cessation success and failure.

MEDICATIONS

A variety of medications and/or counseling services are available to help smokers quit, including over-the-counter nicotine gum and patches, a prescription nasal spray, a prescription inhaler, and the use of antidepressant drugs, like Zyban.

Nicotine Replacement Therapy (NRT) is aimed at reducing symptoms and cravings associated with nicotine withdrawal. Please contact your physician for a prescription.

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

Please contact the

Cessation Resource Hotline

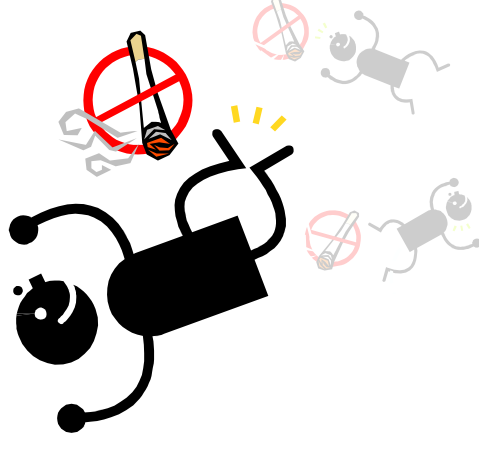
1-800-LUNG-USA or (510) 893-5474 ext 375

a project of



1900 Powell Street, Suite 800
Emeryville, CA 94608
(510) 893-5474
(510) 893-9008 Fax

**Become
Smoke-Free!**



Alameda County

Tobacco

Cessation

Resource List

Updated 11/2006



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

ALAMEDA

Alameda Hospital(510) 814-4362
 Fee - \$95 - 6 weekly sessions
 Cessation Class

Nicotine Anonymous.....(510) 521-5025
FREE www.nica-norcal.org

ALBANY

Nicotine Anonymous.....(510) 848-9125
 www.nica-norcal.org

BERKELEY

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.....pager (510) 997-0284
FREE www.nica-norcal.org

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

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 - \$40/day 9:30-1:30pm
 Www.edenmedicalcenter.org

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

Please send that information to Susan Miranda,
 smiranda@alacbay.org

1900 Powell Street, Suite 800 Emeryville, CA
 94608 OR (510) 893-5474 ext 314

FREMONT

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

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

Getting Ready to Get Ready to Quit
 1 Session

Smoking & Tobacco Cessation Program
 7 sessions
 \$75 - Non-Kaiser Members

Quit Smoking Now! Program
 3 Sessions

\$35 - Non-Kaiser Members
Quit Smoking Workshop

1 Session
 \$25 - Non-Kaiser Members
*Clinical Health Educators available for
 individual counseling*

****Self-Help Options: pamphlets, books
 and videos.**

Washington Hospital.....(510) 745-6524
 Fee - \$50 - 6 weeks.

HAYWARD

Kaiser Permanente.....(510) 889-5079
FREE to members
 Fee for Non-Members
 See under Fremont Kaiser for listings.

St. Rose Hospital(408) 236-2196
 Nicotine Anonymous
FREE www.nica-norcal.org

WIC.....(510) 670-6465
FREE: Individual Counseling

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

LIVERMORE

Nicotine Anonymous.....(925) 454-1292
FREE(925) 339-5199

NEWARK

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

OAKLAND

American Cancer Society.....(510) 832-7012
FREE Cessation Support Groups

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

Eastmont Wellness Center.....(510) 567-5858
FREE to clinic patients

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

Kaiser Permanente.....(510) 725-6150
 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

Lifelong Medical Care.....(510) 428-4550
FREE Adult Cessation Support, Weekly

Nicotine Anonymous.....(510) 655-8368
FREE(510) 540-9128
 www.nica-norcal.org

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

WIC.....(510) 595-6432
(510) 577-7040
FREE: Individual Counseling

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

