

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 1-800-400-0866

& Cantonese

Vietnamese 1-800-778-8440

Korean 1-800-556-5564

TDD/TTY 1-800-933-4TDD

Pregnant Women 1-877-866-2229

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



Alameda County

Tobacco Cessation Resource List

Updated 2/2008



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

ALAMEDA

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

BERKELEY

Alta Bates Medical Center.....(510) 593-8896
FREE Cantonese individual counseling

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

FREE No Butts About It Support Group
 4th Thursday of every month, 7pm

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

Please send that information to Susan Miranda,
 smiranda@alac.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

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 pamphlets, books and videos.

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

The Last Drag(510)713-6690

FREE Smoking Cessation classes
 for the LGBT community
 (English and Spanish)

HAYWARD

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

No Butts About It.....(510) 889-5079
FREE Support Group
 2nd Thursday of every month, 7pm

St. Rose Hospital(510) 471-6401
 Nicotine Anonymous
FREE www.nica-norcal.org

Winton Wellness Center.....(510) 266-1700
FREE to clinic patients

LIVERMORE

Nicotine Anonymous.....(925) 447-9225
FREE(925) 285-7333

NEWARK

Newark Health Center.....(510) 505-1600
FREE to clinic patients
 Cessation counseling, Cessation and
 Support Groups

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
(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

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

Nicotine Anonymous.....(510) 841-8477
FREE 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

