**Tobacco Cessation Resources**

# Tobacco Cessation Resources

# LA QUITS

[Provides local and](https://laquits.com/) national resources, videos, and tips on quitting smoking and tobacco use. <https://laquits.com/>

* 1. **California Department of Public Health – California Tobacco Control Program** Provides local and statewide resources, research, opportunities, and downloadable files for health provider use. Also, provides the community with information on cessation services and resources; toolkits and manuals; educational materials; and information on policy and health equity. <https://www.cdph.ca.gov/Programs/CCDPHP/DCDIC/CTCB/Pages/CaliforniaTobaccoControlBranch.aspx>

# Smokefree.gov

Provides smoke-free applications, texting messaging service, online chat with an expert, and [help to build your quit plan.](https://smokefree.gov/quit-smoking)

https://smokefree.gov/quit-smoking

* 1. **American Cancer Society, 1-800-227-2345** Provides comprehensive quitting smoking resources. [https://www.cancer.org](http://www.cancer.org/)

# American Lung Association, 1-800-LUNGUSA

Provides Freedom from Smoking Online, a web-based cessation program that provides an online support community and expert help, as well as additional smoking cessation resources online.

[http://www.lung.org](http://www.lung.org/)

# Smoking Cessation Leadership Center

Provides online tobacco cessation information as well as other webinars related to tobacco education.

<https://smokingcessationleadership.ucsf.edu/>

# Nicotine Anonymous

Provides help to those who desire to stop using nicotine through face-to-face meetings, phone meetings and online groups.

877-TRY-NICA

<https://www.nicotine-anonymous.org/find-a-meeting>

# QUIT LINES

* 1. **Kick-It California Helpline**

800-300-8086 – English

800-838-8917 – Chinese

800-556-5564 – Korean

800-600-8191 – Spanish

800-778-8440 – Vietnamese

Live chat available through Kickitca.org. Text message support available at 66819. There is a one-day response time for text messages. Text message users may text the following messages to receive support: “Quit vaping” or “quit smoking” to receive support from text line.

After enrollment into Kick-It California Program, clients may be provided additional cessation tools such as nicotine patches, as well as other cessation medications, free of charge.

# Asian Quitline:

800-838-8917

https://[www.asiansmokersquitline.org/](http://www.asiansmokersquitline.org/)

Free help is available through the Asian Smokers' Quitline (ASQ) in the following languages: Mandarin and Cantonese.

# Native American Quitline (American Indian Quitline):

855-5AI-Quit

The American Indian Commercial Tobacco Program (AICTP) helps American Indians in the United States quit commercial tobacco through phone and online coaching.

<https://aiquitline.com/>

# National Quitline:

**800-QUIT-NOW (800-784-8669)**

All states have quit lines with counselors who are trained specifically to help smokers quit. Call this number to connect directly to your state’s Quitline. Hours of operation and services vary from state to state.

# 877-44U-QUIT (877-448-7848)

The National Cancer Institute’s trained counselors provide information and support for quitting in English and Spanish. Call Monday through Friday 9:00 a.m. to 9:00

p.m. Eastern time. Information regarding “how to quit” and other smoking-related materials and factsheets are available online at:

<https://www.cancer.gov/about-cancer/causes-prevention/risk/tobacco/quit-smoking-pdq>

# LGBTQ- Kick It CA 800-300-8086

# On intake, clients may request to be connected with an LGBTQ+ champion During intake clients can request to be connected to an LGBTQ+ champion on the cessation counseling team who has the training and/or the life experience to provide cessation counseling to the LGBTQ+ community (including the proper name and pronouns for transgender/non-binary people).

# Youth Services

* 1. **Youth Vaping- Kick It CA**

<https://kickitca.org/help-youth-quit>

[truthinitiative.org/thisisquitting](https://truthinitiative.org/thisisquitting)

**Kick It California** and **The Truth Initiative** offer an automated text program for teens and young adults who want to quit vaping and a separate program for the parents and adults who are supporting them. To enroll **Text “Quit Vaping” to 66819** or visit [**kickitca.org/text**](http://kickitca.org/text)to learn more. Resources are also available for parents, educators, and medical professionals online.

# California Youth Advocacy Network:

<https://www.cyanonline.org/>

Provides knowledge, skills, and tools to create local change for healthier communities. CYAN provides training and technical assistance to individuals, organizations, and coalitions advocating for tobacco-free communities.

# Campaign for Tobacco-Free Kids:

https://www.tobaccofreekids.org

The Campaign for Tobacco-Free Kids and the Tobacco-Free Kids Action Fund provide tools, educational materials, and resources for youth initiatives and advocacy against tobacco use amongst children and youth populations.

# Smoke Free Teen:

<https://teen.smokefree.gov/quit-vaping>

Provides tools and tips to help teens quit smoking. Cessation tools provided online are: SmokefreeTXT, quitSTART App, Live Online Chat with a cessation Expert.

# Los Angeles County Office of Education

The Los Angeles County Office of Education (LACOE) is a state-funded program aiming to reduce youth tobacco use by empowering students in grades 6-12 to make healthful decisions through tobacco-preventative instruction, intervention, cessation programs, and reinforcement activities through youth development. The website provides education materials for parents, educators, and students aimed to inform of the risks of smoking. http://tupe.lacoe.edu/

LACOE collaborated with the Los Angeles Department of Public Health’s Department of Tobacco Control Tobacco and Prevention Program to reduce youth access to tobacco products, reduce exposure to secondhand smoke, and increase access to cessation services. <https://livetobaccofree.org/>

# Priority Populations

* 1. **African American Cessation Services**

<https://www.amplify.love/cessation-support>

Provides cessation support resources for smokers, family members, and professionals to support the African American community overcome the social, emotional, physical challenges of living without nicotine.

# American Indian Commercial Tobacco Program (AICTP)

[http://keepitsacred.itcmi.org/quitlines/#:~:text=1%2D855%2D5AI%2DQUIT&text%20=The%2](http://keepitsacred.itcmi.org/quitlines/#%3A%7E%3Atext%3D1%2D855%2D5AI%2DQUIT%26text%20%3DThe%20American%20Indian%20Commercial%20Tobacco%2Ccombination%20medic%20ation%20as%20an%20option) [0American%20Indian%20Commercial%20Tobacco,combination%20medic%20ation%20as%20](http://keepitsacred.itcmi.org/quitlines/#%3A%7E%3Atext%3D1%2D855%2D5AI%2DQUIT%26text%20%3DThe%20American%20Indian%20Commercial%20Tobacco%2Ccombination%20medic%20ation%20as%20an%20option) [an%20option.](http://keepitsacred.itcmi.org/quitlines/#%3A%7E%3Atext%3D1%2D855%2D5AI%2DQUIT%26text%20%3DThe%20American%20Indian%20Commercial%20Tobacco%2Ccombination%20medic%20ation%20as%20an%20option)

<https://aiquitline.com/>

Provides culturally-tailored help that includes up to 10 coaching calls per quit attempt with a dedicated Native coach, 8 weeks of nicotine replacement therapy with combination medication as an option, and focuses on commercial tobacco use. Open to men, women, and elders of all ages and tribal nations.

# This Free Life

https://tobaccofreelife.org/quit-smoking/

Provides resources for LGBTQ+ on quide to quitting smoking, nicotine withdrawal symptoms, quit smoking methods, NRT methods and medications, and quit smoking tools.

# Additional Resources

* 1. **Onedegree.org**

<https://www.1degree.org/>

Provides a one-stop tool for individuals to use to look for support and resources within their local and broader communities

# American Nonsmokers Rights Foundation:

<https://no-smoke.org/>

Provides maps, lists, and resources for smoke free areas including housings, colleges, hospitals, outdoor areas.

# Text Messaging Services

English

Text "Quit Smoking" to 66819 Text "Quit Vaping" to 66819

Spanish

Texto “dejar de fumar” al 66819 Texto “no vapear” al 66819

Chinese

戒烟 / 戒煙 66819

戒电子烟 / 戒電子煙 66819

Korean

금연 66819

베이프 금연 66819

Vietnamese

Bỏ hút thuốc 66819 Bỏ Vape 66819

* 1. **211 LA** - <https://211la.org/resources/service/smokingvaping-cessation-14>

Provides services include peer to peer networking, smoking and nicotine addiction support groups, smoking cessation, and smoking education/prevention. Available to general public free of charge.

# Document Resources for Tobacco Cessation and Interventions

Provides information regarding the cessation services that are provided throughout the UC campuses and within the individual university campus itself.

# e. Surgeon General’s Advisory on E-cigarette Use Among Youth

https://www.cdc.gov/tobacco/basic\_information/e-cigarettes/surgeon-general-advisory/index.html

# f. Surgeon General’s Report on Smoking Cessation

<https://www.hhs.gov/sites/default/files/2020-cessation-sgr-full-report.pdf>

# Clinical Professional Guidelines: Treating Tobacco Use and Dependence 2008 Update

<https://www.ahrq.gov/prevention/guidelines/tobacco/clinicians/presentations/2008update-overview/index.html>

j. **Stanford Medicine Tobacco Prevention Toolkit** - https://med.stanford.edu/tobaccopreventiontoolkit.html

# k. Centers for Disease Control Cigarette and Vaping Visual Dictionary

https://www.cdc.gov/tobacco/basic\_information/e-cigarettes/pdfs/ecigarette-or-vaping-products-visual-dictionary-508.pdf

A visual guide to the ingredients of in a cigarette and e-vaping device.

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