

RESOURCES TO HELP YOU QUIT SMOKING

San Mateo County Tobacco Prevention Program
Smokefree Hotline **650-573-3777** | TobaccoPrevention@smcgov.org



SAN MATEO COUNTY HEALTH
All together better.

FREE SERVICES:



Breathe California

Website: ashkickers.org

Contact: Health educator **Jason Cross** at jason@lungsrus.org or call **(408) 998-5865**

Services: Customized 6-session quit smoking program that guides people through stages that include preparing to quit, quitting, and preventing relapse.



Kick It California

Website: kickitca.org Contact: **(800) 300-8086**

Services: Free one-on-one coaching and personalized quit plans based on proven behavior change methods. Speak with a Quit Coach via phone or chat, access self-help tools, and stay motivated with short videos.



American Cancer Society

Website: cancer.org Contact: **(800) 227-2345**

Services: Free information on reasons to quit smoking and resources on how to quit using tobacco, including Empowered to Quit—an email-based program designed to personalize your experience.



BecomeAnEX—Truth Initiative

Website: becomeanex.org Contact: becomeanex.org/contact-us

Services: Free customized quit plan, text messages for support quitting smoking or vaping, interactive guides and tools, advice and tips from Mayo Clinic, and an active, supportive community of people who have quit or are quitting tobacco use.

PAID SERVICE:



Freedom From Smoking—American Lung Association

Website: freedomfromsmoking.org Contact: **(800) 586-4872** Cost: **Membership \$99.95**

Services: Freedom From Smoking® includes 12 months of unlimited access to the program, available 24/7 on your computer, tablet, and smartphone, live telephone and chat support from quit-smoking specialists, an online community, and nine interactive sessions to finish over a 6-week period.



Healthcare Provider Services

Check with your healthcare provider to find out about free resources and tools available for members. Blue Shield, Kaiser, and Stanford Healthcare offer options such as individualized treatment plans, access to nicotine replacement and prescriptions, and support groups.