

## Tobacco Cessation Resources

### 1. Tobacco Cessation Resources

#### a. **Kick It California (formerly California Smokers Helpline 1-800-NO-BUTTS)**

**English 800-300-8086      Spanish 800-600-8191**

Provides Tobacco Cessation services (e.g. Vaping and Tobacco Use) in six languages including telephone counseling, text messaging, self-help materials, online help, referrals to local resources, and a mobile app.

As of June 2022, the California Smoker’s Helpline website is still active with minimal interruption; there are numerous links which redirect to the rebranded “Kick It California.” California Smoker’s Helpline previously had 5 languages, while the Kick It California lists English and Spanish as primary languages. Kick It California provides a link to the Asian Quitline for those looking for assistance in Asian languages.

<https://kickitca.org/our-program>

#### b. **LA QUITS**

Provides local and national resources, videos, and tips on quitting smoking and tobacco use.

<https://laquits.com/>

#### c. **California Department of Public Health – California Tobacco Control Branch** Provides local and statewide resources, research, opportunities, and downloadable files for health provider use.

<https://www.cdph.ca.gov/Programs/CCDPHP/DCDIC/CTCB/Pages/CessationServicesAndResources.aspx>

#### d. **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>

#### e. **American Cancer Society, 1-800-227-2345**

Provides comprehensive quitting smoking resources.

<https://www.cancer.org>

**f. 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>

**g. Smoking Cessation Leadership Center**

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

<https://smokingcessationleadership.ucsf.edu/ready-quit>

**h. 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>

**2. QUIT LINES**

**a. 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.

**b. Asian Quitline:**

1-800-838-8917

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

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

**c. Native American Quitline (American Indian Quitline):**

1-833-924-7848

American Indian Quitline at 1-833-9AI-QUIT (1-833-924-7848). Services offered in Colorado, Minnesota, Utah, Wyoming, Pennsylvania, North Dakota, Nevada, Montana, Michigan, Massachusetts, Kansas, Iowa, Idaho, and Vermont.

<https://aiquitline.com/>

**d. 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>

**e. Nicotine Anonymous**

1-877-TRY-NICA

Nicotine Anonymous ("NicA") is a non-profit 12-step fellowship of men and women helping each other live nicotine-free lives. Nicotine Anonymous welcomes all those seeking freedom from nicotine addiction, including those using cessation programs and nicotine withdrawal aids.

<https://www.nicotine-anonymous.org/>

**f. LGBTQ- Kick It CA 800-300-8086 (Formerly California Smokers Helpline 1-800-NO-BUTTS)**

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).

### **3. Youth Services**

#### **a. 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](https://kickitca.org/text) to learn more. Resources are also available for parents, educators, and medical professionals online.

#### **b. 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.

#### **c. Campaign for Tobacco-Free Kids:**

<https://www.tobaccofreekids.org/problem/covid-19/resources>

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.

#### **d. 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.

**e. Los Angeles County Office of Education**

<https://tupe.lacoe.edu/>  
<https://livetobaccofree.org/>

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. Website provides education materials for parents, educators, and students aimed to inform of the risks of smoking.

**4. Priority Populations**

**a. 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.

**b. American Indian Commercial Tobacco Program (AICTP)**

<http://keepitsacred.itcmi.org/quitlines/#:~:text=1%2D855%2D5AI%2DQUIT&text%20=The%200American%20Indian%20Commercial%20Tobacco,combination%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.

**c. This Free Life**

<https://smokefree.gov/lgbt-and-smoking>

Provides app-based cessation program, text options, and referrals to local tobacco cessation programs for LGBTQ+ community.

**d. Tobacco Use in the Asian-American Community**

**Source: Truth initiative**

[https://truthinitiative.org/sites/default/files/media/files/2020/05/Truth\\_Race-ethnicity%20Series%20Factsheets-Asian%20Am\\_v5\\_Final.pdf](https://truthinitiative.org/sites/default/files/media/files/2020/05/Truth_Race-ethnicity%20Series%20Factsheets-Asian%20Am_v5_Final.pdf)

Factsheet for Asian-American Community and tobacco use.

**e. Tobacco Use in the Hispanic/Latino-American Community Source: Truth initiative**

[https://truthinitiative.org/sites/default/files/media/files/2020/05/Truth\\_Race-ethnicity%20Series%20Factsheets-Hispanic\\_final.pdf](https://truthinitiative.org/sites/default/files/media/files/2020/05/Truth_Race-ethnicity%20Series%20Factsheets-Hispanic_final.pdf)

Factsheet for Hispanic/Latino-American Community and tobacco use.

**f. Tobacco Use in the African-American Community**

**Source: Truth initiative**

[https://truthinitiative.org/sites/default/files/media/files/2020/05/Truth\\_Race-ethnicity%20Series%20Factsheets-Af%20Am%20\\_v4\\_Final.pdf](https://truthinitiative.org/sites/default/files/media/files/2020/05/Truth_Race-ethnicity%20Series%20Factsheets-Af%20Am%20_v4_Final.pdf)

Factsheet for African-American Community and tobacco use.

**g. Tobacco Use in the American Indians/Alaskan Native Community**

**Source: Truth initiative**

[https://truthinitiative.org/sites/default/files/media/files/2020/05/Truth\\_Race-ethnicity%20Series%20Factsheets-Amer%20Ind\\_v3\\_Final.pdf](https://truthinitiative.org/sites/default/files/media/files/2020/05/Truth_Race-ethnicity%20Series%20Factsheets-Amer%20Ind_v3_Final.pdf)

Factsheet for American Indians/Alaskan Native Community and tobacco use.

**5. Additional Resources**

**a. 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

**b. American Nonsmokers Rights Foundation:**

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

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

### **c. 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

### **d. 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.

### **h. Citywide partnership led by the UCLA Center for Health Policy Research**

<https://healthpolicy.ucla.edu/programs/chronic-disease/Pages/overview.aspx>

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

<https://e-cigarettes.surgeongeneral.gov/documents/surgeon-generals-advisory-on-e-cigarette-use-among-youth-2018.pdf>

<https://e-cigarettes.surgeongeneral.gov/>

**j. Surgeon General’s Report on Smoking Cessation**

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

[https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/surgeon-general-advisory/index.html#:~:text=However%2C%20current%20e%2Dcigarette%20use,2017%20to%2020.8%25%20in%202018.&text=In%202018%2C%20more%20than%203.6,%2C%20currently%20use%20e%2Dcigarettes.&text=E%2Dcigarette%20aerosol%20is%20not%20harmless.](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/surgeon-general-advisory/index.html#:~:text=However%2C%20current%20e%2Dcigarette%20use,2017%20to%2020.8%25%20in%202018.&text=In%202018%2C%20more%20than%203.6,%2C%20currently%20use%20e%2Dcigarettes.&text=E%2Dcigarette%20aerosol%20is%20not%20harmless.)

**k. Clinical Professional Guidelines: Treating Tobacco Use and Dependence 2008 Update**

*English:* [https://www.ahrq.gov/sites/default/files/wysiwyg/professionals/clinicians-providers/guidelines-recommendations/tobacco/clinicians/update/treating\\_tobacco\\_use08.pdf](https://www.ahrq.gov/sites/default/files/wysiwyg/professionals/clinicians-providers/guidelines-recommendations/tobacco/clinicians/update/treating_tobacco_use08.pdf)

*Spanish:* [https://www.ahrq.gov/sites/default/files/wysiwyg/professionals/clinicians-providers/guidelines-recommendations/tobacco/clinicians/update/treating\\_tobacco\\_use08\\_sp.pdf](https://www.ahrq.gov/sites/default/files/wysiwyg/professionals/clinicians-providers/guidelines-recommendations/tobacco/clinicians/update/treating_tobacco_use08_sp.pdf)

**l. Educational Professionals CA Dept. of Education.**

<https://www.cde.ca.gov/ls/he/at/tuperesources.asp>

**m. Stanford Medicine Tobacco Prevention Toolkit -**

<https://med.stanford.edu/tobaccopreventiontoolkit.html>

**n. 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](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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