

## Tobacco Cessation Resources

### 1. Tobacco Cessation Resources

#### a. LA QUITTS

Provides local and national resources, videos, tips on quitting smoking and tobacco use, helping others quit, vaping facts, resources on marijuana, and tips for tenants and landlords on secondhand smoke. <https://laquits.com/>

#### b. 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>

#### c. 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>

#### d. American Cancer Society, 1-800-227-2345

Provides comprehensive quitting smoking cessation resources.

<https://www.cancer.org>

<https://www.cancer.org/cancer/risk-prevention/tobacco/guide-quitting-smoking.html>

#### e. 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 and in person.

<https://www.lung.org/quit-smoking>

<https://www.lung.org/quit-smoking/join-freedom-from-smoking/pricing>

<http://www.lung.org>

**f. California Center for Tobacco Cessation/ Smoking Cessation Leadership Center**

Provides training and technical assistance in support of the tobacco endgame movement. They aim to engage and build the capacity of organizations, clinicians, community stakeholders, and CTCP-funded projects to advocate for and put into effect tobacco-use assessments and cessation services within their communities and systems. In addition, they also do the following:

- Support behavioral health sites to be tobacco-free and to connect to cessation services and treatment
- Provide educational materials promoting tobacco cessation
- Provide tobacco cessation training with Continuing Education Units to improve local tobacco cessation capacity
- Improve access to cessation services through technical assistance
- Develop strategic partnerships to reduce barriers to cessation treatment

<https://smokingcessationleadership.ucsf.edu/campaigns/california-center-tobacco-cessation>

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

**g. 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** [Kickitca.org/quit-now](http://Kickitca.org/quit-now)

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](http://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:**

800-838-8917

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

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

Counselors are available Monday through Friday, 7 a.m. to 9 p.m., Pacific Time, 10a.m. to 12 a.m., Eastern Time. Or sign up 24/7 [online](#). If a voice message is received after hours, call will be responded within the next business day.

Smokers who speak Cantonese, Mandarin, Korean and Vietnamese may be eligible for a free two-week starter kit of nicotine patches, sent directly to their home. To see if you qualify, call ASQ to find out.

**c. 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/>

**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. 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).

### 3. Youth Services

#### a. Youth Vaping- Kick It CA (Must be 13 years or older)

<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 <https://kickitca.org/quit-vaping-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>

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

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/>

#### **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://tobaccofreelife.org/quit-smoking/>

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

#### **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/>**

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.

**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](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>

**h. 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](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.

**l. Document Resources for Tobacco Cessation and Interventions**

<https://ucnet.universityofcalifornia.edu/work-life-support/support-for-you-and-your-family/wellness-at-uc/tobacco-cessation-resources/>

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

## References

1. American Academy of Family Physicians (2016). Pharmacologic Product Guide: FDA-Approved Medications for Smoking Cessation.  
[http://www.aafp.org/dam/AAFP/documents/patient\\_care/tobacco/pharmacologic-guide.pdf](http://www.aafp.org/dam/AAFP/documents/patient_care/tobacco/pharmacologic-guide.pdf)

2. Benowitz, NL. Pharmacology of Nicotine: Addiction, smoking-Induced Disease and Therapeutics. *Annu Rev Pharmacol Toxicol.* 2009;49:57-71.
3. Linson-Hawley N, Aveyard P, Hughes JR. Reduction vs abrupt cessation in smokers who want to quit. *Cochrane Data-base Syst Rev.* 2012;11:CD008033.
4. Lindson-Hawley N, et al. Gradual versus abrupt smoking cessation. *Ann Int Med.* 2016 doi: 10.7326/M14-2805
5. NSW Government. Medication Interactions with Smoking and Smoking Cessation. Accessed on 9/11/2017 @ <http://www.health.nsw.gov.au/tobacco/Publications/tool-14-medication-intera.pdf>
6. Stead LF, Perera R, Bullen C et al. Nicotine replacement therapy for smoking cessation. *Cochrane Database of Systematic Reviews* 2012, Issue 11. Art. No.L CD000146. DOI: 10.1002/14651858.CD000146.pub4.
7. Cahill K, Stevens S, Perera R, Lancaster T. Pharmacological interventions for smoking cessation: an overview and network meta-analysis. *Cochrane Database of Systematic Reviews* 2013, Issue 5. Art.No.:CD009329. DOI: 10.1002/14651858.CD009329.pub2.