

**Alpine County**

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| **Name** | **Address** | **Contact** | **Services** |
| Alpine County Public Health Dept. Tobacco Control Program | 75 Diamond Valley Road Markleeville, CA 96120 | 530-694-2235 | ● Refer to California Smokers Helpline |

**Amador County**

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| **Name** | **Address** | **Contact** | **Services**  |
| Amador County Public Health | 10877 Conductor Blvd,Sutter Creek, CA 95685 | 209-223-6407 | ● Stop smoking classes for those wanting to quit |

**Calaveras County**

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| **Name** | **Address** | **Contact** | **Services**  |
| Calaveras County Public Health Dept. TobaccoPrevention Program | 891 Mountain Ranch RoadSan Andreas, CA 95249 | 209-754-6460 | ● Refer to California’s Smoker's Helpline |

**El Dorado County**

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| **Name** | **Address** | **Contact** | **Services**  |
| Barton Community Health Center Behavioral Health | 2170 South Avenue, S. Lake Tahoe, CA 96150 | 530-541-3420 | ● Offer medication, counseling, and psychiatric services in support of recovery |
| El Dorado Community Health Center - Diamond Springs Office | 4641 Missouri Flat Rd.,Placerville, CA | 530-621-7700 | ● For established patients or patients through a referral from our medical providers● Therapeutic services for young children through older adults with substance use, drug dependence, and addiction |
| El Dorado Community Health Centers Placerville | 4327 Golden Center Dr.,Placerville, CA | 530-621-7700 | ● For establishes patients● Cessation referrals● Therapeutic services for addictions and substance use available for young children through older adults, including those with disabilities |
| El Dorado County Behavioral Health West Slope | 769 Pleasant Valley Rd., Suite 2001 Diamond Springs, CA 95619 | 530-621-6290 | ● Offers education, prevention, treatment and counseling services for people struggling with alcohol and other drugs |
| El Dorado County Health Services Department Public Health Division Tobacco Use Prevention Program | 929 Spring StreetPlacerville, CA 95667 | 530-621-6142 | ● Free self-help quit-smoking information, and referral to area groups, organizations, and on-line sites that offer support groups and quit-smoking classes● TUPP is available to provide a brief phone cessation educational intervention |
| Marshall Medical Center Community Health Education Smoking Cessation Class | 681 Main StreetPlacerville, CA 95667 | 530-626-2990 | ● 7-week class series that meets once a week● $50 fee and free for Marshall employees and their spouses/domestic partners. |
| Tahoe Youth & Family Services South Lake Tahoe office and Drop-in Center | 1021 Fremont Ave.,South Lake Tahoe, CA 96150 | 530-541-2445 | ● Individual Mental Health and Substance Abuse Counseling● Substance Abuse Groups for Adults, Nevada● Substance Abuse & Mental Health Assessments |

**Inyo County**

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| **Name**  | **Address**  | **Contact** | **Services**  |
| Inyo County Health & Human Services Dept. Tobacco Control Program | 568. W Line StreetBishop, CA 93514 | 760-872-0900 | ● Free 8-week class that will give you the tools to conquer smoking● Free Quit kits |

**Mono County**

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| **Name**  | **Address**  | **Contact** | **Services**  |
| Mono County Health Department | 437 Old Mammoth Road Suite Q P.O Box 3329Mammoth Lakes, CA 93546 | 760-924-1830 | ● Referral to free tobacco/vape cessation counseling call or visit webpages:Smokers Helpline: 800-NO-BUTTSChewer's Helpline: 800-844-CHEW |

**Nevada County**

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| **Name**  | **Address**  | **Contact** | **Services**  |
| Anew Day | 117 New Mohawk Rd,Nevada City, CA | 530-470-9111 | ● Offer cessation referrals |
| Chapa-DE Indian Health | 1350 East Main StreetGrass Valley, CA 95945 | 530 477-8545 | ● Weekly tobacco cessation classes● Explore and heighten your motivation, develop strategies to quit, and educate our patients about available medications (such as nicotine patches and other medications) that may help you quit and stay quit |
| Free Community Program for Tobacco & Smoking Cessation | Tahoe Forest Center for Health11012 Donner Pass Road, Truckee | 530-587-3769 | ● Group health coaching program is designed to meet you where you are● Quit Coach will help you come up with your own personal Quit Plan |
| Nevada County Health and human Services | 500 Crown Point CircleSuite 110Grass Valley, CA 95945 | 530-265-1450 | ● Free 8-week series● Free "Quit Kits" to aid in your quitting efforts! Call 2-1-1 or 877-847-0499 to get yours |
| Quit for Good | 14971 Lewis RoadNevada City, CA 95959 | 530-265-2183 | ● Virtual classes (limit 6-8 ppl per class)● 6-weeks long with a follow-up once every 3 mos. for a year |

**Placer County**

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| **Name**  | **Address**  | **Contact** | **Services**  |
| Chapa-De Indian Health | 11670 Atwood RoadAuburn, CA 95603 | 530-887-2800 | ● Weekly tobacco cessation classes● Explore and heighten your motivation, develop strategies to quit, and educate our patients about available medications (such as nicotine patches and other medications) that may help you quit and stay quit |

**Sacramento County**

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| **Name**  | **Address**  | **Contact** | **Services**  |
| American Cancer Society | 1545 River Park Dr. STE 100Sacramento, CA 95815 | 1-800-277-2345 | ● Resource for referrals to programs, educational materials● Free counseling session by phone |
| CVS Minute Clinic- Start to Stop Smoking Cessation Program | 10015 Palisades Drive, Suite 1Truckee, CA 96161 | 1-866-389-2727 | ● Personal counseling with a nurse practitioner ● $99-$120 by appointment only  |
| Department of Veterans Affairs | Veterans can contact the nearest VA health care clinic | 1-855-QUIT-VET | ● Screening for tobacco use during primary care visits● Individual counseling for nicotine patch or gum  |
| Freedom from Smoking Group Clinic | Sequoia Room, 2nd Floor2020 J StreetSacramento, CA 95811 | 1-800-586-4872 | ● Freedom from smoking 7-week clinic ($99.95)● Quitter Circle● Free Self-help materials |
| Help Me Dr. Ronda, Inc | 601 University AvenueSacramento, Ca 95825 | [916- 922-3100](https://www.google.com/search?client=safari&rls=en&q=Help+Me+Dr.+Ronda,+Inc&ie=UTF-8&oe=UTF-8) | ● Stop smoking hypnosis audios and in office sessions |
| Kaiser Permanente - Tobacco Cessation Support | 9201 Big Horn Blvd, Elk Grove, CA 95758 | 916-688-2428 | ● Work with a Clinical Health Educator to help along your quit journey● Appointments include skill building to address triggers and cravings, relapse prevention, developing support systems ● Education and facilitation of appropriate medications |
| Mercy General Hospital- Smoking Cessation Program | 3941 J StreetSacramento, CA 95819 | 916-453-4521 | ● Behavior modification, 6-week classes● For English and Spanish speakers |
| Nicotine Anonymous | 1300 N St,Sacramento, CA 95814 | 916-364-0273 | ● Support groups for adults and teens |
| Sacramento City College Health Services | 3835 Freeport BlvdSacramento, CA 95822 | 916- 558-2367 | ● Cessation referrals and quit kits  |
| Sacramento CountyTobacco Education Program | 9616 Micron Ave. Suite 670Sacramento, CA 95827 | 916 -875-5869 | ● Free nicotine patches  |
| Rite Aid in Sacramento | 1125 Alhambra BoulevardSacramento, CA 95816 | 1-800-748-3243 | ● 3 individual consultations and follow ups● For ages 18 and up● Pharmacist Counseling  |
| University of California Davis Health System- Health Management and Education | 3630 Business Drive, Suite FSacramento, CA 95820 | 916-734-0718 | ● Only for UC Davis patients● Strategies to quit smoking● Support groups |

**San Joaquin County**

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| **Name**  | **Address**  | **Contact** | **Services**  |
| Channel | 701 E. Channel StreetStockton, CA 95202 | 209-944-4700 | ● Cessation treatment referrals |
| Dorothy L Jones Community and Health Center | 2044 Fair StreetStockton, CA 95206 | 209-444-5514 | ● Stop smoking classes ● Can call for referral |
| Community Medical Center – Recovery Center | 1031 Waterloo RoadStockton, CA 95205 | 209-940-5662 | ● Resources and support needed to help you cope with the challenges involved in the recovery process of a substance use disorder  |
| Kaiser Permanente | 7373 West LaneStockton, CA 95210 | 209-476-3299 | ● 2-hour classes every month  |
| San Joaquin Behavioral Health Services | 620 Aurora Street Suite #1Stockton, CA 95202 | 209-468-3800 | ● Outpatient and residentials services based on an evaluation  |
| Waterloo | 1031 Waterloo Rd.,Stockton, CA 95205 | 209-940-5600 | ● Cessation treatment referrals |

**Stanislaus County**

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| **Name**  | **Address**  | **Contact** | **Services**  |
| Community Medical Center | 370 N. CentralTracy, CA 95376 | 209-650-4000 | ● Cessation treatment referrals |
| Emanuel Cancer Center | 880 E. Tuolumne RoadTurlock, Ca 95382 | 209-664-2434 | ● Cessation treatment referrals● For English speakers, ages 18 and up |
| Holt Counseling Center | 1620 N. Carpenter Rd., Suite 4-a Modesto, CA 95351 | 209-366-2273 | ● Stop smoking classes● Can call for referral |
| Kaiser Permanente Modesto | 3800 Dale RoadModesto, CA 95356 | 209-735-6060 | ● Online stop smoking course for Kaiser members only ● For English and Spanish speakers, ages 18 and up |
| Stanislaus County Health Services Agency | 830 Scenic DriveModesto, CA 95350 | 209- 558-5657 | ● Education and information and referrals on local cessation resources ● For English and Spanish speakers, ages 18 and up |
| Stanislaus County Office of Education | 1100 H StreetModesto, CA 95354 | 209-238-1367 | ● Cessation classes● For English speakers, ages 18 and up |
| Sutter Gould Medical Foundation | McHenry Village1700 McHenry Avenue, STE 60BModesto, CA 95350 | 209-548-7892 | ● Not currently offering services but can direct to resources via Maino Library at 209-523-0732 |

**Sutter County**

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| **Name**  | **Address**  | **Contact** | **Services**  |
| Harmony Health | 399 Del Norte Ave.,Yuba City, CA | 530-763-4252 | ● Cessation referrals● Refer clients to California Smokers Helpline |
| Sutter County Public Health | 1445 Veterans Memorial Circle Yuba City, CA 95993 | 530-822-7215 | ● Refer to California Smoker's Helpline● Refer to Adventist Health and Rideout |
| Sutter Yuba Behavioral Health | 545 Garden HighwaySuite BYuba City, CA 95991 | 530-822-7215 | ● Refer to California Smoker's Helpline |

**Tuolumne County**

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| **Name**  | **Address**  | **Contact** | **Services**  |
| Tuolumne County Health DepartmentTobacco Control Program | 20111 Cedar Road NorthSonora, CA 95370 | 209-533-7464 | ● Tobacco information/presentation● Technical assistant on secondhand smoking |

**Yolo County**

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| **Name**  | **Address**  | **Contact** | **Services**  |
| Hansen Behavioral Health | 215 West Beamer StreetWoodland, CA 95695 | 530-405-2815 | ● Cessation referrals● Refer clients to California Smokers Helpline |

**Yuba County**

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| **Name**  | **Address**  | **Contact** | **Services**  |
| Harmony Health | 1908 North Beale Rd.,Marysville, CA 95901 | 530-743-6888 | ● Substance use support groups |
| Adventist Health and Rideout Cardiac Rehab | 401 I Street Suite BMarysville, CA 95901 | 530-741-3840 | ● Classes are offered free of charge as a community service of Adventist Health and Rideout Attendance is required for insurance approval of nicotine patch |

**Phone Counseling Services**

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| **Name**  | **Contact** | **Services**  |
| California Smokers Helpline(State funded program) | 1-800- NO-BUTTSor 1 (800)662-8887Spanish: 1-800-456-6386 | ● Free material by mail● Free counseling session by phone |
| American Cancer Society | 1-800-227-2345 | ● Resource for referrals to programs, educational materials● Free counseling session by phone |
| California Smokers’ Helpline: Quit Vaping | 1-844-8 NO VAPE or 1-844-8273 | ● Free material by mail● Free counseling session by phone |
| American Lung Association | 1-800-548-8252 | ● Resource for referrals to programs and provide training to led programs● Freedom from smoking 7-week clinic ($99.95)● Quitter Circle● Free Self-help materials |
| Smokefree.gov | 1-877-44U-QUITOr (1-877-448-7848)1-800-QUIT-NOWOr (1-800-784-8669) | ● Visit website or call for counseling and educational materials● Text QUIT to 47848 |

**Apps**

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| **Name**  | **Agency**  | **Services**  |
| No Butts | University of California, San Diego & California Smokers’ Helpline | ● Mobile app offers quick and tailored help, right from the palm of your hand● Features like logging your smoking triggers, reminders to keep you motivated, and pointers on all kinds of quit smoking topics● Only for iPhone |
| QuickStart/Smokefree Teen | National CancerInstitute | ● Smoking cessation resource for teens● For iPhone and Android users  |
| QuitGuide | National Cancer Institute | ● Ability to track cravings by time of day and location● Inspirational messages for each craving you track, helping you stay focused and motivated on your journey to a smoke-free life● For iPhone and Android users |
| Smoke Free | David Crane | ● Evidence-based app allows you to track your health improvements; money saved, track cigarette cravings, and provides interactive ways to keep you on track to becoming smoke-free● For iPhone and android users ($4.99 one- time app purchase fee) |

**Websites**

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| **Name**  | **Agency**  | **Services**  |
| Nobutts.org | University of California, San Diego & California Smokers’ Helpline | ● Website serves as a hub with many resources available to help you quit smoking and/or vaping |
| BecomeAnEx.org | American Legacy Foundation | ● Based on personal experiences from former smokers as well as uses the latest scientific research from the experts at the Mayo Clinic |
| Smokefree.gov | Tobacco Control Research Branch of the National Cancer Institute | ● The information and professional assistance available can help to support your immediate and long-term needs as you become and remain smoke-free |
| Freedomfromsmoking.org | American Lung Association | ● Program specifically designed for adults, like you who want to quit smoking. It is an adaptation of the American Lung Association’s gold standard, group clinic that has helped thousands of smokers to quit for good |

Don't see an agency in your community that offers quitting tobacco resources, contact us!

No ve una agencia en su comunidad que ofrezca recursos para dejar de fumar, ¡contáctenos!