

2023 Fresno County Tobacco Cessation Resource List



Name	Agency	City	Phone	Cost	Type	Target	Language	Additional Information
IN PERSON								
Aria Community Health Centers (ACHC)	<p>ACHC Fowler 210 E Merced St. Fowler, CA 93625 Hours: Monday – Friday: 8:00 AM – 5:00 PM</p> <p>ACHC Coalinga 191 E. Polk St Coalinga, CA 93210 Hours: Monday – Friday: 8:00 AM – 5:00 PM</p>	Fowler Coalinga	<p>Fowler: (559) 834-5341</p> <p>Coalinga: (559) 935-2100</p>	None	In-person Counseling	General	English Spanish	Open to both existing and new patients. Educational resources available, as well as health education classes available for enrollment. Call for course enrollment and resources.
PHONE-BASED								
Kick it California (KIC)	<p>Kick it California (KIC) www.kickitca.org</p>	N/A	<p>English: 1-800-300-8086 Text “Quit Smoking” or “Quit Vaping” to 66819</p> <p>Spanish: 1-800-600-8191 Texto “Dejar de Fumar” o “No Vapear” al 66819</p>	None	Text Messaging, Web, Phone Counseling	General	English Spanish	Free program that helps Californians kick smoking, vaping, and smokeless tobacco with the help of proven science-based strategies, including one-on-one coaching over the phone, a texting program, online chat support, and mobile apps. Additional information is available on how to get nicotine patches and other medications.
Asian Smoker’s Quitline	<p>Asian Smoker’s Quitline Monday-Friday 7:00 AM-9:00 PM Pacific Standard Time 10:00 AM-12:00 AM Eastern Time www.asiansmokersquitline.org</p>	N/A	<p>Chinese: 1-800-838-8917 Korean 1-800-556-5564 Vietnamese: 1-800-778-8440</p>	None	Text Messaging, Web, Phone Counseling	Cantonese, Mandarin, Korean, and Vietnamese speaking populations	Cantonese Mandarin Korean Vietnamese	The website contains other free cessation resources for self, friends, and family, lists community partners, and supporting healthcare providers. Enroll online, or by calling separate language lines. Text support is also available.

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WEB-BASED								
American Lung Association	American Lung Association HelpLine and Tobacco QuitLine Hours Monday-Friday 7:00 AM-9:00 PM Central Time Weekends 9:00 AM-5:00 PM Online Live Chat and email inquiries www.lung.org/quit-smoking	N/A	1-800-LUNGUSA	HelpLine and QuitLine services are free	Web, Phone Counseling	General	English Spanish TTY for hearing impaired individuals	The program offers a free helpline and online chat where you can speak with a lung health expert.
Truth Initiative Become An Ex	Register on www.BecomeAnEx.org	N/A	N/A	None	Web	General	English Spanish	The program contains educational resources and strategies to tailor a custom plan for each person. This program offers interactive online tools and text messaging support.
SmokeFree.Gov	www.Smokefree.gov QuitLine LiveHelp Monday-Friday from 9:00 AM-9:00 PM Eastern Time	N/A	1-800-784-8669 Text QUIT to 47848	None	Text Messaging, Web, Phone Counseling	Adults, Spanish-speakers, women, over 60	English Spanish	Educational resources and live help through instant messaging. Text messaging service is also available.
VETERANS								
Quit VET	Fresno Veteran's Affairs Medical Center 2615 E Clinton Ave, Fresno, CA 93703 559-225-6100, available 24/7 Monday-Friday from 9:00 AM to 9:00 PM Eastern Time	Fresno	1-855-QUIT-VET Fresno VAMC (559) 225-6100	Free to members with Tricare	In-person Counseling, Web, Phone Counseling	Military personnel and families	English Spanish	For military personnel and their families. This program offers interactive web and phone-based support that tracks your progress to prepare you to quit tobacco for good. Fresno Veteran's Affairs Medical Center also provides support by appointment only.
SmokeFree.Gov	SmokeFreeVet https://veterans.smokefree.gov/ QuitLine LiveHelp Monday-Friday from 9:00 AM - 9:00 PM Eastern Time SmokefreeVET available 24/7 Stay Quit Coach app	N/A	Text VET to 47848 smokefree.gov Spanish: Text VETesp 47848 smokefree.gov/VETespanol	Free to Veterans	Text Messaging, Web, Phone Counseling Mobile App	Veterans	English Spanish	Educational resources and live help through instant messaging. Text messaging service is also available.

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TEEN SERVICES								
SmokeFree.Gov	SmokeFreeTeen https://teen.smokefree.gov/teen.smokefree.gov/smokefreeTXT QuitLine LiveHelp Monday-Friday from 9:00 AM to 9:00 PM Eastern Time SmokefreeTXT quitSTART app	N/A	English: 1-800-784-8669 Spanish: 1-877-448-7848 Text QUIT to 47848	None	Text Messaging, Web, Phone Counseling, Mobile App	Teens	English Spanish	Teens are supported in cessation through six weeks of teen-friendly quit text messages, creation of a quit plan, and tools to help manage cessation plan. The quitSTART app provides tips, challenges, and inspiration to teens who are trying to quit smoking.
Truth Initiative	This is Quitting Register on https://truthinitiative.org/thisisquitting	N/A	Text DITCHVAPE to 88709	None	Text Messaging	Teens, Young Adults (ages 13-24 years old)	English	Teens and young adults can enroll in this anonymous and free text messaging program to help quitting vape, using evidence-based tips and strategies. To register, use text line or fill out online form.