

# 2024 Fresno County Tobacco Cessation Resource List



| Name                                 | Agency  | City     | Phone  | Cost                   | Type   | Target  | Language        | Additional Information   |
|--------------------------------------|---|----------|--|------------------------|--|---------|-----------------|--|
| <b>IN PERSON</b>                     |   |          |  |                        |  |         |                 |  |
| Aria Community Health Centers (ACHC) | ACHC Fowler<br>210 E Merced St. Fowler, CA 93625<br>Hours: Monday–Friday: 8:00 AM–5:00 PM (Closed for lunch 12:00 PM– 1:00 PM)          | Fowler   | Fowler: (559) 834-5341                         | 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.   |
|                                      | ACHC Coalinga<br>191 E. Polk St Coalinga, CA 93210<br>Hours: Monday–Friday: 8:00 AM–5:00 PM (Closed for lunch 12:00 PM–1:00 PM)         | Coalinga | Coalinga: (559) 935-2100                       |                        |  |         |                 |  |
| Kaiser Permanente                    | Kaiser Permanente<br>7300 N. Fresno St. Fresno, CA 93720<br><br>Hours: Monday through Friday, 8:30 AM - 12:30 PM and 1:30 PM to 5:00 PM | Fresno   | Health Education Department:<br>(559) 448-4415 | Free to Kaiser members | In-person Counseling, Phone and Video Counseling | General | English Spanish | Open to members of Kaiser Permanente with no cost or copay. In-person counselling available in English and Spanish, and phone and video counseling available in other languages. Quit aids, such as nicotine replacement therapy is available through this program. Call for enrollment and resources. |
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| PHONE-BASED                   |  |     |  |   |                                       |  |  |   |
|-------------------------------|--|-----|--|---|---------------------------------------|--|--|---|
| Kick it California (KIC)      | Kick it California (KIC)<br><a href="http://www.kickitca.org">www.kickitca.org</a>   | N/A | English: 1-800-300-8086<br>Text "Quit Smoking" or "Quit Vaping" to 66819<br><br>Spanish: 1-800-600-8191<br>Texto "Dejar de Fumar" o "No Vapear" al 66819 | 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       | Asian Smoker's Quitline<br>Monday-Friday 7:00 AM-9:00 PM Pacific Standard Time<br>10:00 AM-12:00 AM Eastern Time<br><a href="http://www.asiansmokersquitline.org">www.asiansmokersquitline.org</a>   | N/A | Chinese: 1-800-838-8917<br>Korean 1-800-556-5564<br>Vietnamese: 1-800-778-8440   | 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.   |
| WEB-BASED                     |  |     |  |   |                                       |  |  |   |
| American Lung Association     | American Lung Association<br>HelpLine and Tobacco QuitLine Hours<br>Monday-Friday 7:00 AM-9:00 PM Central Time<br>Weekends 9:00 AM-5:00 PM<br>Online Live Chat and email inquiries<br><a href="http://www.lung.org/quit-smoking">www.lung.org/quit-smoking</a> | 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<br><a href="http://www.BecomeAnEx.org">www.BecomeAnEx.org</a>  | 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.   |

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| WEB-BASED     |   |        |   |                              |   |  |                 |  |
|---------------|---|--------|---|------------------------------|---|--|-----------------|--|
| SmokeFree.Gov | QuitLine LiveHelp<br>Monday-Friday from 9:00 AM-9:00 PM Eastern Time<br><a href="http://www.Smokefree.gov">www.Smokefree.gov</a>  | N/A    | 1-800-784-8669<br>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<br>2615 E Clinton Ave, Fresno, CA 93703<br>559-225-6100, available 24/7<br>Monday-Friday from 9:00 AM to 9:00 PM Eastern Time   | Fresno | <a href="tel:1-855-QUIT-VET">1-855-QUIT-VET</a><br>Fresno VAMC<br>(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<br><a href="https://veterans.smokefree.gov/">https://veterans.smokefree.gov/</a><br>QuitLine LiveHelp<br>Monday-Friday from 9:00 AM - 9:00 PM Eastern Time<br>SmokefreeVET available 24/7<br>Stay Quit Coach app | N/A    | Text VET to 47848<br><a href="http://smokefree.gov">smokefree.gov</a><br>Spanish: Text VETesp 47848<br><a href="http://smokefree.gov/VETespanol">smokefree.gov/VETespanol</a> | Free to Veterans             | Text Messaging, Web, Phone Counseling<br>Mobile App | Veterans                                 | English Spanish | Educational resources and live help through instant messaging. Text messaging service is also available.   |

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| <b>TEEN SERVICES</b> |  |      |  |      |  |  |                    |   |
| SmokeFree.<br>Gov    | SmokeFreeTeen<br><a href="https://teen.smokefree.gov/teen.smokefree.gov/smokefreeTXT">https://teen.smokefree.gov/teen.smokefree.gov/smokefreeTXT</a><br>QuitLine LiveHelp<br>Monday-Friday from 9:00 AM to 9:00 PM Eastern Time<br><br>SmokefreeTXT<br>quitSTART app | N/A  | English: 1-800-784-8669<br>Spanish: 1-877-448-7848<br>Text QUIT to 47848 | None | Text Messaging,<br>Web,<br>Phone Counseling,<br>Mobile App | Teens  | English<br>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<br>Register on<br><a href="https://truthinitiative.org/thisisquitting">https://truthinitiative.org/thisisquitting</a>   | N/A  | Text DITCHVAPE to 88709  | None | Text Messaging   | Teens,<br>Young Adults<br>(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.  |