

2019 TOBACCO CESSATION PROGRAMS REFERRAL LIST

GROUP SETTING

<p>UNITED HEALTH CENTERS - FREEDOM FROM SMOKING Location: 650 Zediker Ave, Parlier CA 93648, on-site registration Cost: Free</p>	1-800-492-4227
<p>SAINT AGNES MEDICAL CENTER PLAZA - FREEDOM FROM SMOKING Location: Medical Center Plaza 1111 E. Spruce Ave, Leopard Room, 2nd Floor, Fresno CA 93720 When: In person on Wednesday Mornings March 13 – April 24 from 10:00 AM-NOON (additional class held Friday, April, 5), Wednesdays July 10 – August 21 from 10:00 AM-NOON (additional class held Friday, August 2) Other Languages: Spanish Cost: Free</p>	(559) 450-2673
<p>SAINT AGNES MEDICAL NORTHWEST - FREEDOM FROM SMOKING Location: Northwest Building 4770 W. Herndon Ave, Fresno CA 93720 When: In person on Wednesdays May 8 – June 19 from 6:00 PM-8:00 PM (additional class held Friday, May 31) Other Languages: Spanish Cost: Free</p>	(559) 450-2673

PHONE-BASED

<p>CA SMOKERS' HELPLINE</p> <p>Other information: Free counseling, self-help materials, text messaging, and a mobile app.</p> <p>Quitting Aids: Asian-language callers and people who live with children ages 5 and under may be eligible for free nicotine patches, sent to their home.</p> <p>Medi-Cal: Most members can get quit aids from their pharmacy. First, ask your doctor if a quit aid is right for you and get a prescription. Five quit aids are on the Medi-Cal Contract Drug List.</p> <p>Languages: Available in English, Spanish, Vietnamese, Korean, Mandarin & Cantonese.</p> <p>Cost: Free</p>	<p>1-800-NO-BUTTS www.CaliforniaSmokersHelpline.org</p>
---	---

- **For informational purposes only. Inclusion on this list does not constitute an endorsement or approval by the Fresno County Department of Public Health Tobacco Prevention Program.**

WEB-BASED

<p>AMERICAN LUNG ASSOCIATION - FREEDOM FROM SMOKING</p> <p>Cost: Free for basic membership. Premium membership is \$99.95 for 12 months.</p>	<p>1-800-LUNGUSA www.FFSOnline.org</p>
<p>UC SAN FRANCISCO - STOP SMOKING</p> <p>Cost: Free</p> <p>Other Languages: Spanish</p> <p>Other Information: Course takes 3 months to complete</p>	<p>https://stopsmokingst.org/</p>
<p>ROBERT WOOD JOHNSON FOUNDATION - BECOME AN EX</p> <p>Cost: Free</p> <p>Other Information: Program contains educational resources and strategies.</p>	<p>www.BecomeAnEx.org</p>
<p>SMOKEFREE.GOV</p> <p>Cost: Free</p> <p>Other languages: Spanish</p> <p>Other Information: Educational resources and live help through instant messaging. Text messaging service is also available.</p>	<p>1-800-QUIT-NOW www.Smokefree.gov www.Espanol.Smokefree.gov www.Women.Smokefree.gov www.Teen.Smokefree.gov Text "Quit" to iQuit (47848)</p>

MEMBERS ONLY

<p>CALVIVA HEALTH - NO BUTTS PROGRAM</p> <p>Cost: Free to Cal Viva Health members</p> <p>Other Languages: Spanish</p> <p>Other Information: For Medi-Cal members only. Clients are referred to the NO-BUTTS program.</p>	<p>1-800-804-6074 www.CalVivaHealth.org</p>
<p>Kaiser Permanente - QUIT TOBACCO WORKSHOP</p> <p>Location: 7300 N. Fresno St, Fresno CA 93720</p> <p>When: In person, every 2nd Wednesday from 6:00 PM-7:30 PM & 4th Wednesday 3:00 PM-4:30 PM, registration required.</p> <p>Cost: Free to members</p>	<p>(559) 448-4415</p>

VETERANS SERVICES

<p>VA TOBACCO QUITLINE</p> <p>Other Information: Quitline counselors offer continued support through follow-up calls and counseling.</p> <p>Other Languages: Spanish</p> <p>Cost: Free to members with Tricare</p>	<p>1-855-QUIT-VET</p>
<p>SMOKEFREE VET</p> <p>Other Information: The SmokefreeVET text message program will provide you with daily advice and support.</p> <p>Cost: Free to members with Tricare</p>	<p>Text VET to 47878 smokefree.gov/VET or Spanish: Text VETesp to 47878 smokefree.gov/VETespanol</p>

- **For informational purposes only. Inclusion on this list does not constitute an endorsement or approval by the Fresno County Department of Public Health Tobacco Prevention Program.**

<p>VETERANS AFFAIRS - TRAIN TO QUIT</p> <p>Cost: Free to members with Tricare</p> <p>Other Information: For military personnel and families. Interactive web and phone-based support that tracks your progress and prepares you to quit tobacco for good.</p> <p>Cost: Free to members to Tricare</p>	<p>1-888-713-4597</p> <p>www.ucanquit2.org</p>
---	---

TEEN SERVICES

<p>SMOKEFREE TEEN</p> <p>Other Information: Young Adults Age 13-19, text message program, Quitline LiveHelp available Monday-Friday from 9:00 am to 9:00 pm Eastern Standard Time</p> <p>Other Languages: Spanish</p>	<p>Instagram</p> <p>https://www.instagram.com/smokefreeus/</p> <p>Text QUIT to 47848</p> <p>https://teen.smokefree.gov/</p> <p>1-800-784-8669</p> <p>Spanish: 1-877-448-7848</p>
--	---

ASIAN SMOKERS' QUITLINE

<p>ASIAN SMOKERS' QUITLINE</p> <p>Other Information: Call toll-free, Monday-Friday 7 am to 9 pm Pacific Time, 10 am to 12 am Eastern Time</p> <p>Other Languages: Cantonese, Mandarin, Korean, Vietnamese</p>	<p>Chinese: 1-800-838-8917</p> <p>Korean 1-800-556-5564</p> <p>Vietnamese: 1-800-778-8440</p>
--	---

- **For informational purposes only. Inclusion on this list does not constitute an endorsement or approval by the Fresno County Department of Public Health Tobacco Prevention Program.**