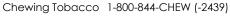
Help is just a phone call away!

The California Smoker's Helpline is a telephone program that can help you quit smoking. **Helpline services are free**, funded by the California Department of Health Services.

Whether you're ready to quit or just thinking about it, **call 1-800-NO BUTTS.** Counselors are available to speak with you in any of the following languages from Monday-Friday, 9:00 AM to 9:00 PM and Saturday, 9:00 AM to 5:00 PM.

When you call, a friendly multi-lingual staff person will offer a choice of services: self-help materials, a referral list of other programs in your area, and confidential one-on-one counseling over the phone.

English	1-800-NO-BUTTS
Spanish	1-800-45-NO-FUME
Mandarin	1-800-838-8917
& Cantonese	
Vietnamese	1-800-778-8440
Korean	1-800-556-5564
TDD/TTY	1-800-933-4TDD (-4833)





California Smokers' Helpline 1-800-NO-BUTTS

OTHER CESSATION RESOURCES

SUPPORT

The most successful attempts to quit smoking include support and medications. Facilitated groups and/or counseling services are available to assist people who want to quit smoking and successfully become a former smoker.

MEDICATIONS

A variety of medications are available to people who smoke and want to quit by reducing the withdrawal symptoms. Nicotine Replacement Therapy (NRT) is aimed at reducing cravings associated with nicotine withdrawal on a gradual basis. Some NRTs are available over-the counter for example, nicotine gum, lozenges and the patch. Other NRTs require a prescription from your medical provider such as nicotine nasal spray and the nicotine inhaler. Two other medications are also available by prescription, Zyban (an SSRI/ antidepressant) and the nicotine blocker, Chantix.

For a complete copy of available Cessation Services in Alameda County.

Please contact the

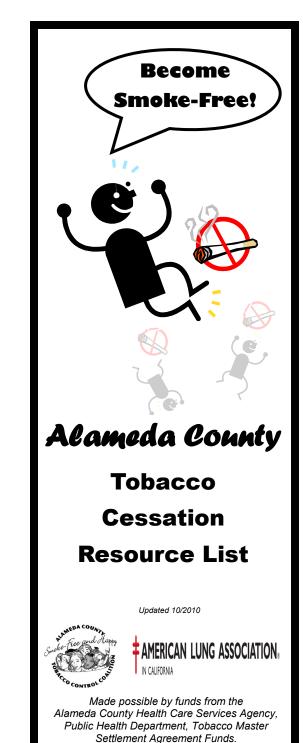
Cessation Resource Hotline

1-800-LUNG-USA

a project of



424 Pendleton Way Oakland, CA 94621 (510) 638-5864 (510) 638-8984 Fax



Alameda County tobacco cessation classes and support groups

BERKEL	EV
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- Berkeley Primary Care Clinic.....(510) 204-4835 **FREE** for homeless & low income
- Berkelev Unified School District.....(510) 644-8987 **FREE** to BUSD Students Individual counseling and quit smoking aroups
- City of Berkeley,.....(510) 981-5330 Tobacco Prevention Program FREE - 2 and 6 week sessions Groups for pregnant women Acupuncture and Hypnosis Email: QuitNow@ci.berkeley.ca.us
- Nicotine Anonymous...... (510) 658-3055 FREE www.nica-norcal.org
- Over 60 Health Center.....(510) 428-4550 FREE Weekly Senior Cessation Support Group, Individual Counseling
- University Health Services.....(510) 642-6074 Tang Center FREE - Resources and Counseling

CASTRO VALLEY

Eden Hospital Center.....(510) 889-5079 A New Approach to Quitting smoking Fee - \$25/day 9:30-1:30pm www.edenmedicalcenter.org

> Do you know of any services that should be added to this list?



424 Pendleton Way OR (510) 638-5864

FREMONT

Kaiser Permanente	
Fremont(5*	10) 248-3455
Hayward/Union City(5	10) 784-5341
All sessions: FREE - Kaiser Member FEE - Non-Kaiser Me	

Smoking & Tobacco Cessation Program 7 sessions, \$75 Non-Kaiser Members Quit Smoking Workshop 1 Session, \$25 Non-Kaiser Members *Clinical Health Educators available for individual counseling

Washington Hospital.....(510) 745-6524 FEE—call for pricing

Tri City Health Center.....(510) 713-6690

FREE Smoking Cessation classes for the LGBT & HIV community (English and Spanish)

HAYWARD

- Kaiser Permanente.....(510) 784-4531 FREE to members Fee for Non-Members See under Fremont Kaiser for listings.
- St. Rose Hospital(510) 331-2826 Nicotine Anonymous FREE www.nica-norcal.org
- Winton Wellness Center.....(510) 266-1737 **FREE** to clinic patients

LIVERMORE

FREE

NEWARK

Newark Health Center.....(510) 567-5858 **FREE** to clinic patients Cessation counseling, Cessation and Support Groups English, Spanish, Cambodian, Vietnamese

OAKLAND Alta Bates Medical Center(510) 869-8833 By physician referral: One-on-one counseling
American Cancer Society(800) 227-2345 Training for facilitators of cessation programs
Catherine A. McDonald, MD(510) 652-7095 Fee - Tobacco Treatment Specialist
Eastmont Wellness Center(510) 266-1737 FREE to clinic patients
East Oakland Health Center(510) 613-2246 FREE Cessation Support Groups
Kaiser Permanente
Nicotine Anonymous(510) 658-5323 FREE www.nica-norcal.org(510) 395-5373
Oakland Newark Health Center(510) 266-1737 FREE: Individual Counseling & Cessation Programs
West Oakland Health Center(510) 613-2246 FREE Cessation Support Groups
PLEASANTON Kaiser Permanente(925) 847-5172 FREE to members Fee for Non-Members Call for classes offered

SAN LEANDRO

Alameda Alliance for Health.....(510) 747-4500 Patients are referred to other classes and costs are covered by Alameda Alliance

UNION CITY Kaiser Permanente.....see Fremont Kaiser

