

San Diego County

Local Listing of Tobacco Cessation and Education Resources



**Want help
to give up tobacco?**

Countywide

American Lung Association

(619) 297-3901 or 1-800-LUNG-USA
2750 Fourth Ave San Diego, CA 92103

www.lungsandiego.org

Services: Audio/video tapes, education & support groups for adults with chronic lung disease and NOT program for teens, alternative to suspension; English & Spanish.

County of San Diego Health & Human Services Agency

Tobacco Control Resource Program

(619)-692-5514

www.sdcrp.com

Services: Tobacco ordinance/ smoke-free laws; English & Spanish.

Kaiser Permanente Health Education

(619) 641-4191

10990 San Diego Mission Rd.

San Diego, CA 92108

732 N. Broadway, Escondido, CA 92025

8010 Parkway Dr., La Mesa, CA 92141

Services: Freedom From Smoking 6-week clinic for members.

Naval Hospital Medical Center

(619) 532-6846 or (619) 532-6573

34800 Bob Wilson Dr.

San Diego, CA 92134

Services: Classes 1X week for 4 weeks; patch or Zyban provided; for eligible military, retiree and dependents.

Nicotine Anonymous Information Line

(619) 682-7092

www.nicotine-anonymous.org

Services: 12-step support group meetings.

San Diego County Office of Education

Tobacco Use Prevention Education

(TUPE)

(619) 718-6666

Safe Schools Unit 5404 Napa St.,
San Diego, CA 92110

Services: Quit smoking classes and self-help materials throughout county- call for a referral.

San Diego State University

Student Health Services Health Promotion

(619) 594-4133

5500 Campanile Dr., San Diego, CA 92182

Services: One-on-one counseling for SDSU students only.

Sharp Center for Health Promotion

(858) 627-5340

3571 Corporate Ct., Bldg. E Suite D

San Diego, CA 92123

Services: Second Breath 6-week group.

Smoke Stoppers of San Diego

(619) 296-8700

3699 Park Blvd., San Diego, CA 92106

Services: 1-week program; quit or pay nothing, lifetime guarantee.

Smokenders

(858) 455-5321

P.O. Box 22664, San Diego, CA 92192

Services: Home-study audio tape by mail.

Central

Nicotine Recovery Institute

(858) 277-2772

106 Thorn St., San Diego, CA 92103

Services: One-on-one & couples counseling.

Palavra Tree

(619) 263-7768

1212 S. 43rd St., Suite C

San Diego, CA 92113

Services: I Hate Tobacco 8-week classes, support groups, medical quitting aids.

Palomar Pomerado Health Source

1-800-628-2880 or (858) 675-5372

15255 Innovation Dr., Suite 204

San Diego, CA 92123

Services: SmokeStoppers self-help materials.

East Region

Southern Indian Health Council

(619) 445-1188 ext. 203

4058 Willows Road, Alpine, CA 91901

Services: One-on-one counseling for American Indian/ Native Americans

North Region

Tri City Medical Center

Cardiac Wellness Center

(760) 940-3092

4002 Vista Way, Oceanside, CA 92056

Services: 6-week class.

Vista Community Clinic

Tobacco Control Program

(760) 407-1220 ext. 142

1000 Vale Terrace, Vista, CA 92084

Services: Smoking Cessation Groups, Spanish Speaking ONLY: free

South

Paradise Valley Hospital

Center for Health Promotion

(619) 470-4784 or (619) 470-4346

286 Euclid Suite 210, San Diego, CA 92114

Services: 6 –week class, call for locations and to register: patches with physician prescription; English & Spanish.



California Smokers' Helpline

1-800-NO-BUTTS

www.CaliforniaSmokersHelpline.org

Quitting is Easier with Help

In a research study, people who received [California Smokers' Helpline] counseling were twice as likely to stay quit than those who tried to quit on their own.

For referrals to various programs throughout the county, or for free telephone counseling call the California Smoker's Helpline.

English: 1-800-NO-BUTTS

Spanish: 1-80045-NO-FUME

Mandarin & Cantonese: 1-800-400-0866

Vietnamese: 1-800-778-8440

Korean: 1-800-556-5564

Hearing impaired: 1-800-933-4833

Chew/Dip: 1-800-844-CHEW

Internet Resources

American Cancer Society

www.cancer.org

American Heart Association

www.americanheart.org

American Legacy Association

www.americanlegacy.org

American Lung Association

www.californialung.org

California Dept. of Health Services

www.tobaccofreeca.org

Campaign for Tobacco Free Kids

www.tobaccofreekids.org

National Spit Tobacco Education

www.nstep.org

Office of Smoking and Health

www.cdc.gov/tobacco

Partnership for Smokefree Families

www.smokefreefamilies.org

QuitNet

www.quitnet.com

Secondhand Smoke

www.epa.gov/smokefree

Surgeon General

www.surgeongeneral.gov/tobacco

Truth Campaign

www.thetruth.com

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