

Stop Smoking Resources

Quitting tobacco is one of the best things you can do for yourself and your loved ones. Getting help can make it easier to stop smoking.

If you or others in your household would like support for stopping smoking, many resources are available to help.

Medication plus counseling can greatly improve your chances to stop smoking.

Food and Drug Administration (FDA) approved medications can help you quit smoking by reducing nicotine withdrawal symptoms and cravings. These include:

- Nicotine replacement therapy (nicotine patch, gum, lozenge, oral inhaler and nasalspray)
- Bupropion sustained-release (SR)
- Varenicline (Chantix)

Note: Electronic cigarettes, vaporizers and vape pens are not FDA approved for stopping smoking. Talk to your provider about their risks before using.

UCSF Counseling Resources to Help You Quit and Stay Quit



UCSF Fontana Tobacco Treatment Center

(415) 885-7895 or <http://ucsfhealth.org/tobaccotreatment>

- **UCSF Stop Smoking Classes**
 - Providing welcoming and nonjudgmental support for over 20 years.
 - Four weekly group sessions led by certified tobacco treatment specialists.
 - Learn about nicotine's impact on the brain and why it is so hard to quit.
 - Learn about smoking cessation medications and how to use them.
 - Learn how to troubleshoot triggers and strategies to cope.
 - Get your carbon monoxide level tested with an easy breath test (optional).
 - Small fee. Scholarship assistance is available.
- **One-on-One Counseling** with a physician, including video visits.
- **Weekly Support Group:** ongoing support (no cost).

Additional Counseling Resources



The California Smokers' Helpline

1-800-NO-BUTTS or 1-800-662-8887 or <https://www.nobutts.org>

- Free phone counseling available in 5 languages.
- A Helpline counselor will help you set up a quit plan and provide support.
- Support via text messaging and mobile app.



BecomeAnEx

<https://www.becomeanex.org>

- Free online resource provided by the Truth Initiative® and the Mayo Clinic.
- Active social community, text and email messaging support.



Smokefree.gov

<https://smokefree.gov>

- Free online quitting tools and tips provided by the National Cancer Institute.
- Texting program that provides support and tips for cravings.
- Live, online chat support.
- To enroll: text 'UCSF' to 47848

UCSF is proud to be smoke and tobacco free. Smoking, using electronic vaping devices, or using other tobacco products is not permitted in any indoor or outdoor area including sidewalks and parking areas. Thank you for being tobacco-free and supporting UCSF's mission to be a safer, cleaner and healthier community.