

# Smoking Cessation Programs

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## **CALIFORNIA SMOKERS' HELPLINE: 1-800-NO-BUTTS**

Provides free telephone counseling services in English, Spanish, Cantonese, Korean, and Vietnamese. Also has county-specific listings for local programs.

## **SANTA CLARA COUNTY**

American Cancer Society (408) 200-1759  
American Lung Association (408) 998-5865  
Breathe California (408) 998-5865  
County Health Department (408) 494-7830

## **SAN MATEO COUNTY**

American Cancer Society (650) 578-9902  
American Lung Association (650) 543-2170  
Breathe California (650) 994-5868  
County Health Department (650) 573-2496

## **SAN FRANCISCO COUNTY**

American Cancer Society (415) 394-7100  
American Lung Association (415) 321-1600  
County Health Department (415) 575-5700

## **ALAMEDA COUNTY**

American Cancer Society (510) 742-8346  
American Lung Association (510) 893-5474  
County Health Department (510) 267-8000

## **Smoking Cessation Online Resources**

[California Smokers' Helpline](#) -- a telephone program that can help you quit smoking. Accessed November 2007.

[Freedom From Smoking® Online](#) -- a free smoking cessation program from the American Lung Association. Accessed November 2007.

[www.quitnet.com](http://www.quitnet.com) -- free and fee-based counseling and self-help materials from Healthways. Accessed November 2007.