

**LET US HELP YOU QUIT: SMOKING CESSATION RESOURCES FOR CAL POLY
POMONA FACULTY, STAFF, AND THE GENERAL PUBLIC**

RESOURCES	DESCRIPTION
<p><u>California Smokers Helpline</u> www.nobutts.org/county-listing</p> <p>Phone: (800)NO-BUTTS or (800)662-8887</p>	<p>Free and confidential telephone counseling program for quitting smoking, one-on-one phone counseling, self-help materials and a referral list of other programs.</p>
<p><u>BeTobaccoFree.gov</u> https://betobaccofree.hhs.gov/quit-now/index.html</p> <p>Phone: (877)44U-QUIT / (877)448-7848</p>	<p>Smoking quit line and National Cancer Institute's live help online chat. Connects to National Cancer Institute Live Help Online Chat.</p>
<p><u>Centers for Disease Control and Prevention</u> www.cdc.gov/tobacco/quit_smoking/how_to_quit/index.htm</p> <p>Phone: (800)QUIT-NOW or (800)784-8669</p>	<p>Quit tips and resources. FREE QuitGuide Mobile AppQuitGuide is a free app that helps you understand your smoking patterns and build the skills needed to become and stay smokefree</p>
<p><u>It's quitting time L.A.!</u> www.laquits.com</p>	<p>Los Angeles County Department of Public Health's site for information and tips on living tobacco free.</p>
<p><u>San Bernardino County</u> https://forms-nobutts.org/CountyAdmin/HSCountyListingsPDF.php?county_id=36</p>	<p>Local Listing for Tobacco Cessation and Education Resources in San Bernardino County including: Colton, Fontana, Loma Linda, Rialto, and Rancho Cucamonga.</p>
<p><u>Orange County-Tobacco Use Prevention Program (TUPP)</u> http://www.ochealthinfo.com/phs/about/promo/tupp</p> <p>Phone: (866)NEW-LUNG or (866)-639-5864</p>	<p>FREE countywide smoking cessation services are available for teens and adults who live, work, or attend school in Orange County.</p>

<p><u>National Institutes of Health</u> https://smokefree.gov/</p>	<p>Smokefree.gov offers free text messaging programs that give 24/7 encouragement, advice, and tips for becoming smokefree. Mobile App</p>
<p><u>American Lung Association of California</u> http://www.lung.org/about-us/local-associations/california.html</p> <p>Phone: (800)-LUNGUSA or (800) 586-4872</p>	<p>Self-help materials, phone counseling, internet-based information, and online chat with a counselor.</p>
<p><u>American Lung Association</u> http://www.lung.org/</p> <p>Phone: (800)-LUNGUSA or (800) 586-4872 (800)-227-2345</p>	<p>Free comprehensive lung health assistance, information, disease counseling, and a proactive tobacco-cessation program to improve the health of individuals with lung disease.</p>
<p><u>American Cancer Society</u> www.cancer.org/healthy/stay-away-from-tobacco/guide-quit-smoking.html</p> <p>Phone: (800)-227-2345</p>	<p>Quitting information and helpful tips and live chat available.</p>
<p style="text-align: right;">Inclusion on this list does not constitute an endorsement or approval Last Update: 09/01/2017</p>	