



California Smoker's Helpline:

English: 1-800-662-8887
 Mandarin/Cantonese: 1-800-838-8917
 Vietnamese: 1-800-778-0866

Spanish: 1-800-456-6386
 Korean: 1-800-556-5564
 TDD/TTY: 1-800-933-4833

STOP SMOKING RESOURCES IN SAN FRANCISCO
May 2017

| Free Smoking Cessation Groups | | |
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| SFDPH Tobacco Free Project Stop Smoking Program at ZSFG 2550 23 rd St. Zuckerberg San Francisco General. Weekly group cessation classes. FREE. | | *NEW* 628-206-6074 |
| The Last Drag Group cessation for lesbian, gay, bisexual, transgender and HIV+ smokers. FREE. www.lastdrag.org Email: info@lastdrag.org | | 415-339-STOP 415-339-7867 |
| Tom Waddell Urban Health Center 230 Golden Gate Ave. Weekly tobacco cessation drop-in group on Wednesdays 2-3pm. Participants can get FREE NRT Medication. FREE. | | 415-355-7400 |
| Northern California Intergroup of Nicotine Anonymous 12-step self-help program. Wednesday 6:30 pm 1748 Market Street, Suite #202. Phone: 415-775-7171 Saturday 10:00 am The Dry Dock, 2118 Greenwich Street. Phone: 415-308-1886 | | http://www.nica-norcal.org/index.shtml |
| Free Phone and Online Programs | | |
| CALL | California Smoker's Helpline FREE phone counseling in many languages. Ask if you are eligible to receive FREE NRT medication. www.nobutts.org | 1-800-NO-BUTTS |
| TEXT | Text: QUIT to 47848 , answer a few questions, and you'll start receiving FREE 24/7 quit help messages texted to your phone! Or sign up by clicking HERE! | |
| APP | quit START FREE smartphone app for people who want to change their smoking. Provides tailored tips, and inspiration. http://tinyurl.com/freequitstart | |
| APP | Quit Guide - FREE smartphone app tracks your cravings and moods, monitors your progress toward milestones, helps you develop strategies to deal with triggers, and more. http://tinyurl.com/freequitguide | |
| WEB | Commune Facebook Quit Groups Commune is a private Facebook group for young adults ages 18-29. Group participants can get up to \$80 for 90 days. | smokefreesocial.jointhecommune.com |
| WEB | Spanish/English San Francisco Online Stop Smoking study Automated self-help website through UCSF and Palo Alto University. No charge. | stopsmokingsf.org |
| Stop Smoking Counseling at San Francisco Health Network Health Centers | | |
| One-on-One support from Primary Care Behavioral Health program staff. Must be registered as a patient. | Castro-Mission Health Center | 3850 17th Street at Noe 415-934-7700 |
| | Chinatown Health Center | 1490 Mason Street <i>Groups available</i> 415-364-7600 |
| | Curry Senior Center | 333 Turk Street 415-885-2274 |
| | Family Health Center | 995 Potrero Avenue 415-206-5252 |
| | Larkin Street Youth Clinic | 134 Golden Gate Avenue 415-673-0911 x259 |
| | Maxine Hall Health Center | 1301 Pierce Street 415-292-1300 |
| | Ocean Park Health Center | 1351 24th Avenue 415-682-1900 |
| | Potrero Hill Health Center | 1050 Wisconsin Street 415-648-3022 |
| | Richard Fine People's Clinic (ZSFG) | 1001 Potrero Avenue, Main building, 1M 415-206-8494 |
| | Silver Avenue Family Health Center | 1525 Silver Avenue at San Bruno Avenue 415-657-1700 |
| | Southeast Health Center | 2401 Keith Street 415-671-7000 |
| Tom Waddell Urban Health Center | 230 Golden Gate Avenue <i>Groups available</i> 415-355-7400 | |
| CBHS | Behavioral Health Pharmacy 1380 Howard Street 415-255-3659 | |

* For information purposes only. Inclusion on this list does not constitute an endorsement or approval by the San Francisco Tobacco Free Project of the San Francisco Department of Public Health



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| Non-Profit Organization and Other Hospital Programs – Some are fee for service | |
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| American Heart Association 426 17 th Street #300, Oakland, CA. Self-help materials, referrals. www.heart.org | 510-903-4050 |
| Chinese Community Health Resource Center 835 Jackson Avenue, San Francisco. Monthly free health education programs on variety of topics in Cantonese and Mandarin. Smoking cessation individual counseling available for Chinese Hospital Clients. | 415-677-2473 www.cchrhealth.org |
| Kaiser Permanente 2425 Geary Boulevard, San Francisco. Three cessation formats available, including (1) support group, (2) short informational group, and (3) on-line help. Call Health Education Department for information. | 415-833-3450 kp.org/quitsmoking |
| SMART RECOVERY St. Francis Memorial Hospital at 900 Hyde Street. FREE classes to the public for <i>all</i> addictive behaviors, like tobacco. Mondays, Wednesdays and Fridays 7:00-8:30 PM Check website for more details: www.meetup.com/SMARTRecoverySF | 415-891-9925 SmartSFCA@gmail.com |
| Sutter Health Community Health Resource Center. 2100 Webster Street, lobby level. Health education materials available for Sutter Health patients | 415-923-3155 |
| UCSF Medical Center Fontana Tobacco Treatment Center 1600 Divisadero street, San Francisco. Four-week cessation program. \$55 fee (Help available). Weekly relapse prevention program also available. http://www.ucsfhealth.org/clinics/tobacco_treatment_center/ | 415-885-7895 |
| Alternative Programs – Most programs are fee for service | |
| Bay Area Hypnosis Center 655 Skyway Road, #115, San Carlos, CA. Free consultation and guaranteed smoking cessation program. Call for fees. http://www.bayareahypnosiscenter.com/ | 650-591-5327 |
| Community Acupuncture Works. 2889 24 th Street, San Francisco. \$20-\$40 sliding scale fees. Individual and group acupuncture to treat addiction, smoking, pain relief & more. | 415-861-0104 www.caworks.org |
| Community Ear Acupuncture Project 555 DeHaro Street, Classroom G. San Francisco. Hours vary. Ear acupuncture, herbal tea, and resources. \$5 suggested donation. | 415-355-1601 x313 actcm.edu/earclinic/ |
| Hypnosis for Health 815 Hyde Street, Suite 302. Hypnosis, MP3's. Three years of free relapse prevention support included. Free half hour consultations for San Francisco residents. Call for fees. http://hypnosis4health.com/ | 415-775-7797 |
| “Stop Smoking Now” program – Lafayette, CA. Stop smoking in one session. Hypnotherapy, CD's, free phone consultation, lifetime guarantee, and sliding scale. East Bay clinic also. http://www.hypnosissanfrancisco.com/ | 866 – 863 – 4NOW |

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