

# San Mateo County Programs to help you quit smoking

## **BREATHE California**

**(650) 994-5868**

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Daly City, CA 94014

Types Of Service: Adult smoking cessation groups throughout the County (Pacifica, Daly City, South San Francisco, San Mateo, Belmont, East Palo Alto, Redwood City, and others); Youth smoking cessation groups (high school and college campuses)

Cost: Free to San Mateo County residents, includes free nicotine replacement therapy patches

## **Kaiser Permanente Medical Group; Health Education Department**

**Redwood City: (650) 299-2433**

1140 Veterans Blvd

Redwood City, CA 94063

**South San Francisco: (650) 742-2439**

1200 El Camino Real

South San Francisco, CA 94080

Type Of Service: Calling it Quits (one session class, Free to members, \$20/non-members); Ex-Smoker's Support Group (Free); Freedom from Cigarettes stop smoking groups (6 sessions two times per week, Free to members, \$65/non-members)

## **Mills-Peninsula Health Services**

**(650) 696-4308**

100 South San Mateo Drive

San Mateo, CA 94401

Type Of Service: Comprehensive smoking cessation program with continuing support groups.

Cost: \$65; \$55 for seniors over 62

## **California Smokers Helpline**

**(800) NO-BUTTS [(800)-662-8887]**

University of California- San Diego

Type Of Service: When you call, a friendly staff person will offer a choice of services: self-help materials, a referral list of other programs, and one-on-one counseling over the phone.

Cost: Free to California residents

# Programs outside of San Mateo County to help you quit smoking

**For those living outside of California**, please call 1-800-QUIT-NOW (on the web: [www.naquitline.org](http://www.naquitline.org)) and you will be connected with your local quitline or you can contact the American Cancer Society or the American Lung Association for a list of referral services.

[American Cancer Society](http://www.cancer.org) – 1-800-ACS-2345 (1-800-227-2345) (on the web: [www.cancer.org](http://www.cancer.org))

[American Lung Association](http://www.lungusa.org) – 1-800-LUNG-USA (1-800-586-4872) (on the web: [www.lungusa.org](http://www.lungusa.org))