

Smoking Cessation and Tobacco Resources

Education, Referrals, and Resources	Resource & Referral Links
Effects of continued tobacco use on long term substance use recovery	https://www.cdc.gov/tobacco/disparities/what-we-know/behavioral-health-conditions/pdfs/behavioral-health-p.pdf
Tobacco Use & Quitting Among individuals with Behavioral Health Conditions	https://www.cdc.gov/tobacco/disparities/mental-illness-substance-use/
Cigarette and Other Tobacco Drug Fact	https://nida.nih.gov/publications/drugfacts/cigarettes-other-tobacco-products
UCSF Smoking Cessation Tool Kit	https://smokingcessationleadership.ucsf.edu/sites/smokingcessationleadership.ucsf.edu/files/Downloads/Toolkits/362577_CABHWI_Toolkit_020420_WEB2.pdf
CDC Smoking Cessation Tool Kit	https://www.cdc.gov/tobacco/patient-care/clinical-tools/index.html
County of San Diego Smoking Cessation Programs	https://www.nobutts.org/county-listing
California Smokers' Helpline (1-800-NO-BUTTS)	1-800-NO-BUTTS
CDE Smokers' Cessation Helpline and Helpine Link CDC cessation number: (available in Spanish, Mandarin or Cantonese, Korean, Vietnamese)	1-800-QUIT-NOW https://CDC.Gov/quit
Smoke free education and resource applications	https://smokefree.gov
SmokefreeTXT - Smoke free education by text	Text QUIT to 47848
Smoke free mobile app	Download the free QuitSTART app on a mobile device https://smokefree.gov/apps-quitstart
Online Resources for Smoking Cessation	https://www.verywellmind.com/online-resources-for-smoking-cessation-5082674
Kick It California	https://kickitca.org/ English: 1-800-300-8086 Spanish: 1-800-600-8191, Cantonese & Mandarin: 1-800-838-8917 Korean: 1-800-556-5564 Vietnamese: 1-800-778-8440



DMC-ODS
AB 541

This document is a training tool and is subject to change. Please refer to the SUDPOH for current processes, rates, and expanded details.