



Tehama County



FREE Tobacco Cessation and Education Resources

Agency/Location	Time	Description	Ages
<u>Tehama County Public Health</u> 1860 Walnut Street Red Bluff, CA (530) 527-6824 (800) 655-6854	Monday- Friday 8am-5pm	Tobacco Educational Info. Quit Smoking Kit	Teen & Adult
<u>First 5 California and California Smokers' Helpline</u> "Kids and Smoke Don't Mix" Tobacco Training for Childcare Providers and Preschool Teachers http://caresplustobacco.org <u>Available in Spanish</u> http://caresplustobacco.org/espanol	Resources available 24 hours a day 7 days a week	Free on-line training. For technical assistance, contact the Help Desk at cshcares@ucsd.edu	Adult
<u>California Smokers' Helpline</u> (800) NO-BUTTS or (800) 562-8887 Spanish (800) 45-NO-FUME http://www.nobutts.org	Weekdays 7:00am-9:00pm Weekends 9:00am-5:00pm	Free literature by mail; Free counseling session by phone and text message	Teen & Adult
<u>Tobacco Education Group (TEG)</u> Provided at school sites as requested ymoreno@tehamaschools.org	8 week session	Tobacco program for youth who have experimented with tobacco.	Youth Only
<u>Tobacco Awareness Program (TAP)</u> Provided at school sites as requested ymoreno@tehamaschools.org	8 week youth tobacco cessation program	Youth may repeat the course as many times as they wish	Youth Only
<u>Telephone Quitlines</u> <ul style="list-style-type: none"> National Hotline: 1-800-QUIT-NOW (784-8669) American Cancer Society: 1-800-227-2345 Great Start Quitline (for pregnant smokers): 866-66-START (667-8278) 	Resources available 24 hrs / 7days a week	Free literature by mail; Free counseling session by Phone	Teen & Adult
<u>Free from the App Store</u> NCI QuitPal for iPhone Users <u>Free from the Play Store</u> Cessation Nation for Android Users	24 hours a day 7 days a week	These apps allow users to track their tobacco use, view use patterns, chart their mood or activity when using tobacco	Teen & Adult

Tehama County Health Services Agency
 "Keeping Our Community Healthy"
 1860 Walnut Street Red Bluff, CA

Nurse Available Mon-Fri. 8am-5pm to Answer Public Questions
 (800) 655-6854