



Tools for Helping Patients Quit Smoking

The Center for Tobacco Cessation and the California Smokers' Helpline provide materials and technical assistance to help health care providers address tobacco use in their patients. Both organizations are funded by the California Department of Public Health Tobacco Control Program. Following are some of the **FREE** materials and services available to you and your patients:

For Patients

- Individualized, evidence-based counseling in multiple languages and for different audiences:
 - English: 1-800-NO-BUTTS
 - Spanish: 1-800-45-NO-FUME
 - Cantonese & Mandarin: 1-800-838-8917
 - Korean: 1-800-556-5564
 - Vietnamese: 1-800-778-8440
 - Tobacco Chew/Spit Users: 1-800-844-CHEW
 - TDD for the Deaf & Hard of Hearing: 1-800-933-4833
- Specialized counseling for pregnant and nursing women, teens, tobacco chewers, and friends and family members of tobacco users
- Self-help materials
- Referral to local cessation programs
- Web-based tobacco cessation information at www.nobutts.org

For Providers

- *Help Your Patients Quit Smoking*—a handy pocket guide which describes a brief, effective way to help your patients quit smoking – **ASK** if they use tobacco, **ADVISE** them to quit, and **REFER** them to the Helpline. Limited quantities are available free by calling 858-300-1010.
- Brochures, cards, and posters, which may be ordered at www.nobutts.org
- Fact sheets on a variety of tobacco-related topics, available for downloading at www.nobutts.org
- Fact sheets, publications, and toolkits, available for downloading at www.CenterForCessation.org
- Webinars and in-person trainings, some of which are available for CME or CEU credit. For a current list of trainings, visit www.CenterForCessation.org.
- Free technical assistance. Call 1-866-610-C4TC (2482) or email C4TC@ucsd.edu.