

# Quitting Tobacco Resource List

The best way to quit tobacco is using a smoking cessation counseling service (i.e. support group, texting service, quit line) plus a smoking cessation medication approved by the U.S. FDA (i.e. patches, gum, lozenges).

## Resources in SLO

- **SLO County Quit Tobacco:** Telephone counseling, self-help materials, and group counseling sessions available for residents of the county. 805-781-4945.  
<http://slocounty.ca.gov/quit-tobacco>
- **Nicotine Anonymous:**  
Tuesdays @ 6:30 @ 8600 Atascadero Rd.  
[ddeick@sbcglobal.net](mailto:ddeick@sbcglobal.net)

## Quitlines

- **National:** 1-800-QUIT-NOW
- **California:** 1-800-NO-BUTTS
- **Vaping:** 1-844-8-NO-VAPE

## Alexa

- Get tips from Amazon Alexa -just say "Alexa, enable stop vaping/smoking coach".

## Texting

- Text **"Quit Smoking"** or **"Quit Vaping"** to **66819**.
- Youth & Young Adults: Text **"DITCHJUUL"** to **88709**.
- Parents/adults to help young people: Text **"QUIT"** to **202-899-7550**.

## Mobile Apps

- **"NOBUTTS"** for quitting smoking.
- **"NOVAPE"** for quitting vaping.



## Contact Information



### SLO County Public Health Department

### Tobacco Control Program

Phone: 805-781-5564

Email: [tobaccofree@co.slo.ca.us](mailto:tobaccofree@co.slo.ca.us)

Website: <http://slocounty.ca.gov/tobacco-control-program>