






San Francisco Health Network

(415) 206-7800 CALL to find a Health Center near YOU

## SAN FRANCISCO STOP SMOKING RESOURCES (2019)

Quit Smoking Support Groups		
	<b>SFDPH Tobacco Free Project Stop Smoking Program FREE</b> At Zuckerberg San Francisco General and 25 Van Ness Avenue Weekly interactive quit smoking support group. Dinner and gift cards provided.	<b>628-206-6074</b> SFQuits.org
	<b>San Francisco Community Health Center FREE</b> 5 week quitting group for transgender and gender non-binary people who are actively working toward gender affirming surgery.	<b>415-292-3400</b> <a href="mailto:mariah@sfccommunityhealth.org">mariah@sfccommunityhealth.org</a>
	<b>UCSF Medical Center Fontana Tobacco Treatment Center</b> Program meets four times weekly for 2 hours at two UCSF locations, morning or evening meetings available. <b>\$55 fee (Financial help available).</b>	<b>415-885-7895</b> <a href="https://tinyurl.com/ucsfsmokefree">https://tinyurl.com/ucsfsmokefree</a>
Free Phone and Online Programs		
<b>CALL</b>	<b>California Smoker's Helpline FREE</b> phone counseling in many languages. Ask if you are eligible to receive <b>FREE NRT medication</b> . <a href="http://www.nobutts.org">www.nobutts.org</a>	<b>1-800-NO-BUTTS</b>
<b>TEXT</b>	Text: <b>QUIT</b> to <b>47848</b> , answer a few questions, and you'll start receiving <b>FREE quitting help messages</b> texted to your phone! Or sign up by clicking <b>HERE!</b>	
<b>APP</b>	<b>quit START FREE</b> smartphone app for people who want to change their smoking. Provides tailored tips, and inspiration. <a href="http://tinyurl.com/freequitstart">http://tinyurl.com/freequitstart</a>	  
<b>APP</b>	<b>No Butts FREE</b> mobile app offers quick and tailored help, trigger log, reminders to keep you motivated, and pointers on all kinds of quit smoking topics	  
Recovery Groups		
<b>SMART RECOVERY</b>	St. Francis Memorial Hospital at 900 Hyde Street. <b>FREE</b> support groups open to the public for <i>all</i> addictive behaviors, including tobacco.	<b>415-891-9925</b> <a href="mailto:SmartSFCA@gmail.com">SmartSFCA@gmail.com</a>
<b>Northern California Intergroup of Nicotine Anonymous</b>	12-step self-help program. Wednesday 6:00 pm at 100 Diamond Street. Contact: <b>415-317-7208</b> Saturday 10:00 am at The Dry Dock, 2118 Greenwich Street. Contact: <b>415-308-1886 FREE</b>	Bay Area Contact: <b>415-995-1938</b> <a href="http://www.nica-norcal.org">www.nica-norcal.org</a>
Groups and Services in Other Languages		
	<b>華人社區健康資源中心</b> 835 Jackson Avenue, San Francisco 每月免費健康教育計畫，主題多樣，語言為廣東話和普通話。	<b>415-677-2473</b> <a href="http://www.cchrhealth.org">www.cchrhealth.org</a>
	免費尼古丁貼片！撥打加州煙民幫助熱線的三藩市居民可收到直接寄至家中的免費藥物，以幫助其戒煙。	<b>1-800-838-8917</b> <a href="http://www.asiansmokersquitline.org/">http://www.asiansmokersquitline.org/</a>
	<b>Ash Kickers Programa Para Dejar de Fumar.</b> Ayudará reducir cuánto fuma o dejar de fumar. 6 sesiones semanales, comida ligera proporcionada. Recibirá una tarjeta de regalo al asistir.	<b>(650) 994-5868 x 302</b>
	<b>Parches de Nicotina Gratis!</b> Residentes de San Francisco que llaman a la Línea de Ayuda que viven en San Francisco son elegibles para recibir parches gratuitos de nicotina enviados directamente a domicilio.	<b>1-800-45-NO-FUME</b>
Alternative Programs – Paid services		
<b>Hypnosis</b>	<b>Acupuncture</b>	
<ul style="list-style-type: none"> <li>Bay Area Hypnosis Center -----650-591-5327 <a href="http://www.bayareahypnosiscenter.com/">http://www.bayareahypnosiscenter.com/</a></li> <li>Hypnosis for Health ----- 415-775-7797 <a href="http://hypnosis4health.com/">http://hypnosis4health.com/</a></li> <li>“Stop Smoking Now” program--866-863-4NOW <a href="http://www.hypnosis-sanfrancisco.com/">http://www.hypnosis-sanfrancisco.com/</a></li> </ul>	<ul style="list-style-type: none"> <li>Community Acupuncture Works 415-861-0104 <a href="http://www.caworks.org">www.caworks.org</a></li> <li>Community Ear Acupuncture Project 415-355-1601 x313 <a href="http://actcm.edu/earclinic/">actcm.edu/earclinic/</a></li> <li>American College of Traditional Chinese Medicine 415-282-9603 <a href="http://actcm.edu/clinic/">actcm.edu/clinic/</a></li> </ul>	

\* For information purposes only. Inclusion on this list does not constitute an endorsement or approval by the San Francisco Tobacco Free Project of the San Francisco Department of Public Health