

CAROL-LYNN BARSKY, MD
Resources for Self Management of Tobacco Dependence

I am concerned about your continued use of tobacco. I hope that you will consider quitting smoking this year. If you need help please call our Health Education Department at (408) 945-2732. (Milpitas)

CMB 871-6463
SCL 236-5684

Quit Smoking Workshop

In this one-time two-hour class, you will learn about the side effects of tobacco use, discover your motivations for quitting, become aware of triggers and cravings, set your own quit date, smoking cessation aids, and more. Call (408) 945-2732 to pre-register.

Freedom from Cigarettes

This program includes information on how to break the habit, relaxation techniques, health issues, smoking cessation aids, and how to quit without weight gain. Call (408) 945-2732 to pre-register.

California Smoker's Helpline

A free one-on-one telephone counseling service funded by the California Department of Health Services. The Helpline provides telephone counseling, materials, and referrals.

Call 1-(800)-NO BUTTS	<i>English</i>
1-(800)-45-NO FUME	<i>Spanish</i>
1-(800)-838-8917	<i>Mandarin & Cantonese</i>
1-(800)-778-8440	<i>Vietnamese</i>
1-(800)-556-5564	<i>Korean</i>
1-(800)-933-4TDD	<i>Deaf/Hearing/Impaired</i>
1-(800)-844-CHEW	<i>Chewing Tobacco</i>

Nicotine Anonymous

Visit www.nicotine-anonymous.org/ for more support and a list of meeting places near you.

Kaiser Healthwise Handbook

A self-care guide with information on quitting smoking. Available in English and Spanish.

Kaiser Health Phone

Recorded messages about smoking cessation in English and Spanish.

Internet

There are many terrific web sites to help you stop smoking. Here are a few to get you started:

www.ucanquit.com
www.tobacco.org
www.cleanbreak.com
www.quitsmokinguk.com
www.quitsmokingsupport.com

Visit our Health Education Center at 770 E. Calaveras to borrow books & videos that can help you quit!

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