



Phone Counseling & Digital Services

American Cancer Society **FREE**

1-800-227-2345

Email-Based Program
Empowered to Quit
cancer.org

American Lung Association **FREE**

Free Counseling and Advice
1-800-LUNG-USA
Support Group Community
lung.org/quit-smoking

The Truth Initiative: The EX Team **FREE**

exprogram.com or
Text **DITCHVAPE** to **887-09**

Kick It California **FREE**

Visit KickItCA.org

Call **1-800-300-8086**

TEXT “**Quit Smoking**” or
“**Quit Vaping**” to **66819**

*Services are available in
other languages.*



GREATER SACRAMENTO
SMOKE & TOBACCO FREE
COALITION

To get involved with the **Greater Sacramento
Smoke & Tobacco Free Coalition (GSSTFC)**
and/or its **Cessation Taskforce**, please visit:

greatersactobaccofree.org

For more information, please call the
**Sacramento County Tobacco
Education & Prevention Program**

916-875-5869



SACRAMENTO COUNTY
Tobacco Education & Prevention Program

SACRAMENTO COUNTY



**PUBLIC
HEALTH**

Promote • Prevent • Protect

Note: Sacramento County provides information and education to the community but does not provide clinical advice or endorsement of specific stop smoking/quit tobacco products, medications, processes, services or resources. Updated Oct 2026.



SACRAMENTO COUNTY Quit Tobacco & Nicotine RESOURCES



Other Services

Department of Veterans Affairs (Veterans Only) **FREE**

1-855-QUIT-VET or Text **VET** to **47848**
publichealth.va.gov/smoking

California Rural Indian Health Board (CRIHB) **FREE**

Tobacco prevention & education
for American Indians

916-929-9761
crihb.org

Help Me Dr. Ronda, Inc. **\$**

Free initial consultations; Behavioral habit
control, hypnotherapy sessions
helpmedronda.com



Quit Kits

Adult: Sacramento County Tobacco Education & Prevention Program **FREE**

916-875-5869
dhs.saccounty.gov/PUB/Pages/Tobacco-Education-Program/SD-Tobacco-Cessation.aspx

Youth: Sacramento County Office of Education **FREE**

<https://www.scoe.net/programs/Health-Wellness--School-Climate/Tobacco-Use-Prevention-Education-TUPE/index.html>



Local Pharmacies

Pucci's Pharmacy **\$**

Tobacco Cessation Counseling and NRT
billed to health plan when eligible
916-442-5891 or Text **916-796-4514**
puccirx.com

CVS Minute Clinic **\$**

Start to Stop Smoking Cessation Program:
1-on-1 consultation
1-866-389-2727
cvs.com/minuteclinic/services/smoking-cessation

FREE – resource is free • **\$** – the service has a fee



Local Health Systems

Kaiser Permanente Health Education **FREE**

South Sacramento Wellness Coaching
1-866-251-4514 (English and Spanish)
All services for KP members

UC Davis Health System **FREE**

Quit Tobacco Program;
Free to all UCD patients
916-946-1449, ext. 3
health.ucdavis.edu/livinghealthy

Sutter Roseville Medical Center **\$**

Need referral to cessation Nurse Practitioner (NP)
specialist from your Primary Care Provider (PCP).
Oncology department **916-755-7060**
sutterhealth.org/srmc



Local Classes & Support Groups

Nicotine Anonymous **FREE**

12-step Quit Smoking Program Online
nicotine-anonymous.org

Sacramento County Tobacco Cessation Classes **FREE**

Multi-class series (locations vary)
916-875-5869