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.

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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
helpmedrronda.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