

Tobacco Cessation Resource Guide

Do you or someone you know need support with quitting tobacco use? This guide is meant to help you!

TRADITIONAL

Bay Area Community Health (BACH)

LOCATION & HOURS OF OPERATION:

<https://bach.health/santa-clara-county-locations>

PHONE: (408) 729-9700

WEBSITE: <https://bach.health/behavioral-health>

SUMMARY OF SERVICES:

- Screening, diagnosis, and treatment services
- Medicare, Medi-Cal, and other insurance plans accepted
- No one is refused service if they cannot pay

BREATHE California of the Bay Area

LOCATION & HOURS OF OPERATION:

1469 Park Avenue, San Jose, CA 95126

9:00am-5:00pm Monday-Friday

PHONE: (408) 998-5865

HELPLINE: (408) 999-0500

WEBSITE: <https://lungsrus.org>

SUMMARY OF SERVICES:

Ash Kickers (adults):

- Six-session smoking cessation program
- Brief counseling with telephone intervention
- Three hour smoking cessation group intervention with two telephone consultations

Youth Cessation (teens ages 13-17):

- Five-session quit smoking program

CVS Minute Clinic

LOCATION & HOURS OF OPERATION:

Varies. Visit website for individual store information.

WEBSITE: cvs.com/minuteclinic/services/smoking-cessation

SUMMARY OF SERVICES:

START TO STOP Smoking Cessation Program:

- Individualized support, assessments, and consultation
- Ongoing coaching and prescriptions

Appointment only

Kaiser Permanente

LOCATION & HOURS OF OPERATION:

Kaiser Santa Clara:

700 Lawrence Expy, Santa Clara, CA 95051

8:30am-4:30pm Monday-Friday

PHONE: (408) 851-3800

Kaiser San Jose:

270 International Circle, Bldg 2, San Jose, CA 95119

9:00am-5:00pm Monday-Friday

PHONE: (408) 972-3340

TELEPHONIC COACHING: (866) 251-4514

Kaiser Permanente (continued)

SUMMARY OF SERVICES:

Health Education Services:

- 30-45 minute one-on-one sessions with trained health educators (in-person, virtual, or phone)
- No co-pay

Telephonic Coaching

- 15 minute sessions with trained wellness coaches
- No co-pay

Quit Tobacco Aids

- Aids such as nicotine replacement therapy (NRT) products available for free with physician prescription

All services have multilingual staff and options available

Appointment only

Recovery Café

LOCATION & HOURS OF OPERATION:

80 South 5th Street, San Jose, CA 95112

10:00am-4:00pm Monday-Friday

PHONE: (408) 294-2963

WEBSITE: <https://recoverycafesj.org>

SUMMARY OF SERVICES:

- Free membership
- Weekly peer support and accountability groups
- Recovery courses and job skills training opportunities

Salvation Army San Jose Temple Corps.

LOCATION & HOURS OF OPERATION:

702 West Taylor Street, San Jose, CA 95126

7:30am-11:00am Monday, Tuesday, Thursday, and Friday

PHONE: (408) 298-7600

WEBSITE: siliconvalley.salvationarmy.org/silicon_valley/adult-rehabilitation-center

SUMMARY OF SERVICES:

San Jose Adult Rehabilitation Center

- Six-month residential program
- Free for those ages 21 to 65 years old

San Jose Counseling and Psychotherapy

LOCATION & HOURS OF OPERATION:

1174 Lincoln Avenue #6, San Jose, CA 95125

8:00am-8:00pm Monday-Sunday

PHONE: (408) 264-3082

WEBSITE: <http://drandifredricks.com/counseling/addiction-counseling/>

SUMMARY OF SERVICES:

Individual addiction counseling

- \$200 for each 45 minute session
- Prices may vary depending on circumstances

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Santa Clara Valley Healthcare (SCVH)

LOCATION & HOURS OF OPERATION:

751 South Bascom Avenue, San Jose, CA 95128

Pulmonary Clinic/Quit Smoking Clinic

8:30am-5:00pm Monday-Friday

PHONE: (408) 885-5436

WEBSITE: <https://www.scvmc.org/patients-visitors/services/ambulatory-health-education/classes-programs>

SUMMARY OF SERVICES:

Better Breathers Club

*Currently on hold due to COVID

- Free club that meets monthly; open to everyone/drop in

Tobacco-Free Program

Health Education Classes

- Free one-hour virtual class and other resources
- Video or telephone classes with trained health educators
- Offered in English, Spanish, and Vietnamese

Quit Tobacco Aids

- One-on-one quit smoking consultation; referral-based
- 30-45-minute in-person, video, or phone consultation
- Individualized plan with use of tobacco cessation aids

Valley Health Plan

LOCATION & HOURS OF OPERATION:

2480 North 1st Street, Suite 160, San Jose, CA 95131

9:00am-5:00pm Monday-Friday

PHONE: (408) 885-3490

WEBSITE: <https://www.valleyhealthplan.org/members/health-and-wellness/tobacco-cessation>

SUMMARY OF SERVICES:

- Two virtual one-on-one sessions
- Available for people ages 18 and over
- Open to Commercial Valley Health Plan Members
- Plan available that does not require documentation

Department of Veterans Affairs

Palo Alto Health Care System

LOCATION & HOURS OF OPERATION:

3801 Miranda Avenue, Palo Alto, CA 94304

7:00am-4:30pm Monday-Friday

PHONE: +1 (800) 455-0057 ext 60557

WEBSITE: <https://www.va.gov/palo-alto-health-care>

SUMMARY OF SERVICES:

Telequit:

- Free appointments with QuitVet counselors
- Counseling and follow-ups (no referral needed)
- Smoking cessation medications mailed to patient's house
- Can help veterans in system

ALTERNATIVE

InstaCalm Anxiety Treatment

LOCATION & HOURS OF OPERATION:

19500 Pruneridge Avenue, Suite 4103. Cupertino, CA 95014

9:00am-6:00pm Monday-Friday

10:00am-5:00pm Saturdays, 1:30pm-5:00pm Sundays

PHONE: (408) 366-0707

WEBSITE: <http://instacalmhypnosis.com>

SUMMARY OF SERVICES:

- Quit smoking hypnotherapy
- Note: Insurance not accepted

Natural Health Center

LOCATION & HOURS OF OPERATION:

485 Los Coches Street, Milpitas, CA 95035

10:00am-6:00pm Monday-Tuesday & Thursday-Friday

10:00am-5:00pm Wednesdays

9:00am-3:00pm Saturdays, 10:00am-2:30pm Sundays

PHONE: (408) 946-9332

WEBSITE: <https://www.acupuncture-works.com>

SUMMARY OF SERVICES:

Acupuncture Services:

- Promote circulation and diminish uses for tobacco
- One-on-one sessions
- First visit is free; \$52-\$67 for following sessions

PHONE & APP-BASED PROGRAMS

Kick It California

HOURS OF OPERATION:

7:00am-9:00pm Monday-Friday, 9:00am-5:00pm Saturdays

PHONE: +1 (800) 300-8086

WEBSITE: <https://kickitca.org>

SUMMARY OF SERVICES:

- Free program that helps Californians kick smoking, vaping, and smokeless tobacco

Truth Initiative

WEBSITE: <https://truthinitiative.org>

SUMMARY OF SERVICES:

BecomeanEX

- Digital quit-smoking program with support community

EX Program

- Tobacco cessation program custom-designed for employers/health plans to offer employees/members

This is Quitting

- Quit-vaping program for teens and young adults