

Classes, Self-Help and Referrals

Mercy Medical Center Quit For Good Program

24-MERCY (246-3729)

Cost: Free

2175 Rosaline Avenue, Redding, 96049

Type of service: group counseling (classes held throughout the year, call for dates)

Just Breathe Tobacco Cessation Program for Expecting Mothers

229-8467

Cost: Free

2650 Breslauer Way Redding 96001

Contact: Leave a Message

Type of service: Group quit smoking classes for expecting mothers and support persons of expecting mothers.

Shasta County Public Health Tobacco Cessation Program

229-8467

Cost: Free

2650 Breslauer Way, Redding 96001

Contact: Leave a Message

Type of service: self-help, referrals and quit-kits.

Good News Rescue Mission

242-9520

Cost: Free

3075 Veda Street, Redding, 96001

Contact: Elaine Best or Receptionist

Type of service: Group counseling.

Shasta County Network of Care

http://shasta.networkofcare.org/mh/resource/tax_list.cfm?sw=LX-8450.7900&cat=8282

Cost: Free

Network of Care is a comprehensive, Internet-based community resource for people with mental illness, as well as their caregivers and service providers.

Second Wind

Rick Crowley

Second Wind Smoking Cessation Program for Native Americans

243-6985

Sara Parsons

The California Smokers' Helpline

1-800-662-8887

<http://www.californiasmokershelpline.org/>

Cost: Free

A toll-free telephone service for California residents that provides help to people who want to quit tobacco. The helpline provides telephone counseling, self-help materials, and referral to local cessation programs.

Intermountain Area Cessation Services

Burney Health Center

335-5457

Cost: Please Call for Information

20641 Commerce Way, Burney 96013

Contact: Appointment Desk

Type of service: one-on-one counseling, prescription for the nicotine patch and ongoing support.

Fall River Valley Health Center

336-6535

Cost: Please Call for Information

P.O. Box 490 Fall River Mills 96028

Contact: Appointment desk

Type of service: medically assisted help to quit, one-on-one counseling and ongoing support.

Pit River Health Service

335-4004 or 335-3651

Cost: Please Call for Information

36977 Park Ave., Burney 96013

Contact: Appointment desk

Type of service: one-on-one counseling, ongoing support.

Shingletown Medical Center, Inc.

474-3390

Cost: Please Call for Information

31292 Alpine Meadows Rd., Shingletown 96088

Contact: Appointment desk

Type of service: one-on-one counseling, adults and teens, bio-psycho-social assessments.

Hill County Community Clinic

337-6243

Cost: Please Call for Information

29632 Hwy 299E, Round Mountain 96084

Contact: Reception

Type of service: one-on-one counseling, prescription for nicotine replacement products and ongoing support.

Alternative Quitting Therapies

INSPIRE Smoking Cessation Center

Stop Smoking In One Hour Guaranteed

1-877-905-7900

Cost: \$500 Lifetime Guarantee

Located in Redding and Anderson

Contact: Cathy Ochs PA-C

Type of service: hypnosis, 95% success rate.

Hypnosis Unlimited—Roger Gray

243-8381

Cost: \$90 for first session, \$60 per session after (1-3 sessions' average)

3331 Harlan Dr., Redding 96003

Contact: Roger Gray

Type of service: self-help, hypnotherapy, one-on-one counseling

Mondays-Fridays 9am-5pm, evenings available.

Youth Websites

Don't Buy The Lies

www.dontbuythelies.org

A youth based website aimed at educating youth about the danger of flavored tobacco products and other tobacco related concerns.

The Truth

<http://www.thetruth.com>

A youth based website that educates youth about the dangers of tobacco use by using video clips, games and facts.

Smokefree Movies Websites

Thumbs Up! Thumbs Down!

<http://www.scenesmoking.org/>

Project from Grassroots Solutions, Inc. and Breathe California of Sacramento-Emigrant Trails to show the impact of smoking & tobacco references in entertainment.

Smoke Free Movies

<http://smokefreemovies.ucsf.edu/>

Smoke Free Movies aims to sharply reduce the U.S. film industry's usefulness to Big Tobacco's domestic and global marketing — a leading cause of disability and premature death.

National Services

National Cancer Institute

<http://www.smokefree.gov/>

Smokefree.gov is intended to help you or someone you care about quit smoking.

National Alliance for Tobacco Cessation

<http://www.becomeanex.org>

Ex is free to anyone looking for help, utilizing proven methods to teach smokers how to quit and stay quit.

Advocacy Websites

California Clean Air Project

<http://www.ccap.etr.org>

Cost: Free

CCAP is California's statewide secondhand smoke (SHS) technical assistance program. As the new evolution of BREATH, we will work with all facets of the tobacco control movement in California to reach new heights of worker and public protection.

Americans for Nonsmoker' Rights

www.no-smoke.org

Facts about smoking, calls to action and other resources including information about smokefree municipalities and states in the U.S. and other smokefree locations around the globe.

California Youth Advocacy Network

<http://www.cyanonline.org/cyan.asp>

The California Youth Advocacy Network (CYAN) is dedicated to supporting youth and young adults by advocating for a tobacco-free California.

National Health Organizations

American Cancer Society

222-1058

<http://www.cancer.org/>

Cost: Free

3290 Bechelli Lane, Redding 96002

Type of Service: self-help, education, advocacy.

American Heart Association

222-1136

<http://www.americanheart.org/>

Cost: Free

28 Hanover Lane, Suite B, Chico 95973

Contact: Jessica Chezem

Type of service: brochures and self-help information.

American Lung Association

345-5864

<http://www.lungusa.org/>

Cost: Free

10 Landing Circle, Chico 95973

Type of service: staff will answer questions and information on self-help resources.