

# SPECIAL PROJECTS

## of the California Smokers' Helpline



The California Smokers' Helpline is actively engaged in special projects that are expanding our reach, making it easier for smokers to quit, and producing important research findings.

### **Asian Smokers' Quitline**

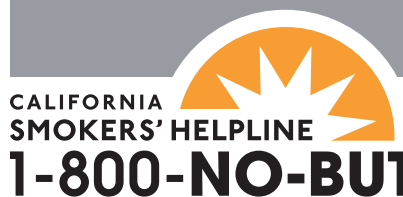
The Asian Smokers' Quitline(ASQ) is a free nationwide Asian-language quit smoking service funded by the Centers for Disease Control and operated by the Moores Cancer Center at the University of California, San Diego. ASQ offers self-help materials, referral to local programs, one-on-one telephone counseling to quit smoking, and a free two-week starter kit of nicotine patches through the mail. For more information or to order free promotional materials for your organization, please contact Caroline Chen at (858) 300-1058 or [cac025@ucsd.edu](mailto:cac025@ucsd.edu).

### **CEASE California**

With support from First 5 California and the American Academy of Pediatrics, CEASE California trains providers to help parents/caregivers of pediatric patients to quit smoking. Patients receive free self-help materials, one-on-one telephone counseling to quit smoking, and free nicotine patches through the mail, with M.D. approval if contraindicated. For more information or to schedule a free training for your pediatric or family practice, please contact Jyothi Marbin, M.D., at (510) 428-3885 x4408 or [aapcease@gmail.com](mailto:aapcease@gmail.com).

### **Center for Tobacco Cessation**

The Center for Tobacco Cessation is the training and technical assistance arm of the California Smokers' Helpline and helps organizations throughout California increase their capacity in tobacco cessation. To request a free customized training, technical assistance or additional information for your organization, please contact Lesley Copeland at (858) 300-1051 or [lcopeland@ucsd.edu](mailto:lcopeland@ucsd.edu).





## Free Services from the California Smokers' Helpline

Established in 1992 by researchers at the University of California San Diego, Moores Cancer Center, and proven in clinical trials to double a smoker's chance of success, the California Smokers' Helpline offers the following free services over the phone:

- 30-minute session with a trained specialist to develop a quit plan, self-help materials, and up to five follow-up sessions.
- All services and materials available in English, Spanish, Korean, Vietnamese, Mandarin and Cantonese
- Specialized services for pregnant smokers, tobacco chewers and teens
- Text messaging program available at [www.nobutts.org](http://www.nobutts.org)
- Open Monday to Friday, 7 a.m. to 9 p.m., and Saturdays and Sundays, 9 a.m. to 5 p.m.

Take the next step and visit [www.nobutts.org](http://www.nobutts.org) to:



Learn more about our free tobacco cessation services.



Download free patient materials.



Check out our free materials and trainings for health professionals.



Register for our free, online referral service.