



## Telephone Counseling Sessions Designed to Help You Quit!

### Ready to Quit?

If you are ready to quit a Helpline counselor can set up a quit plan that is right for you. An intake counselor who will send you a packet of helpful information will answer your first call. If you are accepted into the program there will be a number in the packet to call to arrange counseling sessions. A cessation counselor will return your call within 48 hours.

### Medi-Cal?

The Helpline program can provide you with the Certificate of Enrollment necessary to receive nicotine patches, gum, Wellbutrin or Chantix. You will need to take the certificate, along with a prescription from your doctor, to the pharmacy.

### Teen Smoker?

The Helpline has services for teens too! Just identify yourself as a teen for help by mail or over the phone.

### Chewing Tobacco?

There is a special helpline for chew tobacco.

## CHEWER'S HELPLINE

**1-800-844-CHEW**  
**(1-800-844-2439)**

### SPANISH

**1-800-45-NO FUME**  
**(1-800-456-6386)**

Also available in Chinese, Vietnamese, Korean and for the hearing impaired

### What Santa Barbara County Offers:

- A series of classes, consisting of 7 1-hour sessions, offered monthly in Santa Barbara and Santa Maria and every other month in Lompoc.
- Up to 16 weeks of nicotine replacement therapy (patches, lozenges, or gum) for qualifying participants.
- Reimbursement for Wellbutrin and/or Chantix for up to 6 months.
- Tips and tools to reduce stress, manage cravings/triggers and change in appetite, mood & sleep.
- Weekly relapse prevention support meetings in Santa Barbara and Santa Maria.

### Who Qualifies for Services & Medication:

- County residents may attend the sessions.
- Eligibility criteria for the no cost/reduced cost medications and reimbursement:
  - \* Single-person households earning < \$40,000
  - \* Multi-person households earning < \$60,000

Santa Barbara County  
Public Health Department  
Tobacco Prevention Settlement Program  
300 San Antonio Road  
Santa Barbara, CA 93110  
May 2008

PAID FOR BY YOUR FUNDS FROM PROPOSITION 99  
AND LOCAL TOBACCO SETTLEMENT FUNDS

## WHERE TO FIND HELP TO QUIT SMOKING OR CHEWING



### *A Guide to Services in Santa Barbara County*

**Para mas información  
en español llame  
al 681-5407 o 346-7275**

*Santa Barbara County  
Public Health Department  
**Tobacco Prevention  
Settlement Program**  
Santa Barbara 805 681-5407  
Santa Maria 805 346-7275  
Lompoc 805 737-7775 x 7275*

## Programs to Help you Quit

The following organizations offer programs at various times throughout the year to help you quit. Most of these services are paid for by your tobacco settlement dollars.

For telephone counseling call the California Smokers Helpline

1-800-662-8887 (See inside flap of this brochure for more information)



For the latest class schedule call the Tobacco Prevention Settlement Program in Santa Barbara 681-5407 or in Santa Maria 346-7275.

### Santa Barbara

S.B. Neighborhood Clinics  
963-8566 ext 220

UCSB 893-5013

Cottage Health System  
879-8992

Nicotine Anonymous Support Group  
Beth 564-4806

### Santa Maria & Guadalupe

Community Health Centers  
934-5471

Tobacco Prevention Settlement Program  
346-7275

### Santa Ynez & Carpinteria

Please call 681-5407

### Lompoc

Community Health Centers  
737-1169

Tobacco Prevention Settlement Program  
737-7775 ext 7275



[www.sbcphd.org/tobacco](http://www.sbcphd.org/tobacco)  
[www.tobaccofreeca.com](http://www.tobaccofreeca.com)

## Medications that can Help You Quit Smoking or Chewing

The following products can help you quit, if you also join a class. Nicotine replacement therapy can reduce withdrawal symptoms commonly experienced when quitting. The quitter is better able to resist using tobacco in situations when he/she might have cravings.

### Nicotine Chewing Gum\*/Lozenges

The gum or lozenges are available over the counter in 2-mg and 4-mg strengths. The nicotine is absorbed by the membranes in the mouth and prevents withdrawal symptoms.

### Nicotine Patch\*

Patches are available over the counter in 7, 14, and 21-mg strengths. Dosage depends on the number of cigarettes smoked per day. Gradual weaning is recommended to reduce nicotine withdrawal effects. Do not smoke or chew while using nicotine replacement products.

### Bupropion (Wellbutrin)\*

Bupropion is a prescription medicine that helps reduce withdrawal symptoms and the urge to smoke. It acts on the brain to modify neurotransmitters involved in nicotine addiction and withdrawal.

### Chantix\*

Chantix is a prescription medicine to assist with quitting tobacco use by eliminating pleasurable sensations often received after using tobacco products, and reduces withdrawal symptoms.

\* Side effects have been reported by a small percentage of users, so be sure to read and understand all package instructions.