

**You're not in
it alone...**

**help is out
there**



Vapes

Chew

Blunts

**Sonoma County
Tobacco/Nicotine
Cessation Resources**

**There's
help in your
doctor's
office**



Snus

Hookah

Supin



Cigars

JUUL

Mods

**Apps with
24/7 support**



Snuff

E-cigs

Cigarettes

**And free phone
counseling
available now**

In-Person Local Resources

Center for Well-Being

101 Brookwood Ave., Ste A
Santa Rosa, CA 95404
www.norcalwellbeing.org
(707) 575-6043

Groups and one-time workshops available.

Cost: income-based sliding scale. Some insurances accepted.

Nicotine Anonymous Support Group

Church of Christ
370 Sonoma Mountain Pkwy
Petaluma, CA 94954
Mondays 7-8pm
Contact: Terry (707) 664-9335

Healthcare Providers

Your healthcare provider has resources available to help you quit, such as nicotine replacement therapy (the patch) and counseling.

Tobacco Cessation classes available for **patients only** at:

West County Health Center
www.wchealthcenter.org
(707) 887-0290

Petaluma Health Center
www.phealthcenter.org
(707) 559-7500

Other Information & Support

Smokefree.gov

-- TEXTING -- ONLINE CHAT -- QUIT APPS -- SELF-HELP MATERIALS --

www.smokefree.gov
Appropriate for all ages

CA Smokers' Helpline

-- PHONE COUNSELING -- TEXTING -- ONLINE CHAT -- QUIT APPS -- SELF-HELP MATERIALS --

**** Support now available for vaping ****

Free patches for families with children 0 to 5
www.nobutts.org
1 (800) NO-BUTTS
Appropriate for all ages



E-Cigarette Quit Program

-- TEXTING -- QUIT APPS -- SELF-HELP MATERIALS --

www.thisisquitting.com
www.becomeanex.org
Text "QUIT" to (202) 804-9884
Appropriate for teens and young adults

Impact Sonoma Team

Contact the Sonoma County Department of Health:
tinyurl.com/ImpactSonoma

  @ImpactSonoma



No judgments. Just help.
You haven't failed if you keep trying.

