



## RESOURCES

### **CalQuits Website**

[www.calquits.info](http://www.calquits.info)

Website includes a collection of smoking cessation resources from a diverse group of statewide health advocacy organizations.

### **American Lung Association of California**

(510) 638-LUNG

[www.californialung.org](http://www.californialung.org)

<http://www.lungusa.org/site/pp.asp?c=dvLUK9O0E&b=33569>

<http://www.lungusa.org/site/pp.asp?c=dvLUK9O0E&b=44456> –

Website provides a full range of smoking cessation fact sheets, quit assistance and support services and their book, *Seven Steps to a Smoke Free Life*. Website also provides a link to a free online smoking cessation program, *Freedom From Smoking Online*.

### **American Cancer Society, California Division**

(916) 448-0500

[www.cancer.org](http://www.cancer.org)

[http://www.cancer.org/downloads/COM/FreshStart\\_Brochure\\_final.pdf](http://www.cancer.org/downloads/COM/FreshStart_Brochure_final.pdf) -

Website includes a range of fact sheets, a quit hotline, support advice a smoking cessation guide and a link to their highly successful *Fresh Start* smoking cessation program.

### **American Heart Association, California Division**

(916) 446-6505

[www.americanheart.org](http://www.americanheart.org)

[www.smokefree.gov/resources.html](http://www.smokefree.gov/resources.html) – Website includes a wide array of fact sheets and a multitude of guides, booklets and other resources to help individuals stop smoking and stay quit.

### **State Building and Construction Trades Council of California Building Trades Unions Ignite Less Tobacco (BUILT) Program**

(510) 331-9144

[www.sbctc.org/built](http://www.sbctc.org/built)

<http://www.cdc.gov/elcosh/docs/d0700/d000757/d000757.html>

[www.sbctc.org/built/default.asp?id=2148&pagetype=built](http://www.sbctc.org/built/default.asp?id=2148&pagetype=built)

<http://sbctc.org/pdf/student%20guide.pdf>

<http://sbctc.org/pdf/built%20brochure.pdf> - Website offers comprehensive information regarding smoking cessation for employees including brochures, guides, a quit DVD and an employer tool kit.

**Asian & Pacific Islander American Health Forum**  
**Asian Pacific Islander Tobacco Education Network**

(415) 954-9988

[www.apiahf.org](http://www.apiahf.org)

<http://www.apiahf.org/programs/apiten/index.htm> - Website provides background and resources for smoking cessation. The Asian Pacific Islander American Health Forum offers a complete list of health provider resources that the API population can access for smoking cessation services. Please call APIAHF to obtain health provider list.

**California Black Health Network**  
**African American Tobacco Education Partnership**

(916) 448-7900

[www.cbhn.org](http://www.cbhn.org)

[www.cbhn.org/aaten.html](http://www.cbhn.org/aaten.html) - Website provides a variety of information regarding smoking cessation and the African American community including events, fact sheets, resources and support service links.

**National African American Tobacco Education Network**

(916) 556-3344

[www.naaten.org](http://www.naaten.org)

<http://www.naaten.org/resource.html> - This website link provides information to educate and empower the African American/Black community against tobacco use. A 1-1/2 hour educational training is offered in a CD format.