Why do I need these resources?

These resources will help you:

- Design a personal quit plan
- Learn to cope with withdrawal symptoms, cravings and stress
- Find helpful quitting tools
- Find a quit buddy or others who are trying to quit
- Learn how to deal with relapse and stay on track
- Receive positive reminders and tips through text, email or phone to help stay smoke free

Stay Smoke-free with The Four D's

Delay

Most urges come and go within three to five minutes

Deep Breathing

A quick and effective way to reduce the stress that comes with early smoking cessation

Distract

Distraction effectively stops the unhealthy mindset that enables thoughts of smoking

Drink Water

Nicotine withdrawal is hard on your body, and good hydration will help to ease the negative effects

Tobacco Education Program
2525 Grand Ave
Long Beach, CA 90815

Tobacco Education Hotline
562-570-7950

www.longbeach.gov/Health

LONG BEACH
HEALTH & HUMAN SERVICES

Ready to Quit Smoking?

We Can Help

LONG BEACH
HEALTH & HUMAN SERVICES

Tobacco Education Program
City of Long Beach
Health & Human Services
(562) 570-7950

So, you're thinking about quitting smoking?

To give yourself the best chance for success, explore all strategies to quit.

Get Support

Research shows that support while quitting can really help. Talk with friends and family or contact one of the groups below

NICOTINE ANONYMOUS

1-800-642-0666
www.quitnowLA.com

Nicotine Anonymous Meetings in Long Beach

All Saints Episcopal Church
346 Termino Ave
Monday | 6PM
Contact Person:
562-310-0874

Intercity Fellowship
5881 Cherry Ave
Saturday | 9AM
Contact Person:
562-896-2305

Remember, you are in control, not the cravings or urges!

Ask for Help

Research shows that people who receive counseling are twice as likely to stay quit as those who try to quit on their own

PHONE COUNSELING

1-800-NO-BUTTS
1-800-844-CHEW
1-800-45-NO-FUME | Spanish
1-800-933-4TDD | Hearing Impaired

ONLINE SUPPORT

nobutts.org
quitnet.com
becomeanex.org
quitterscircle.com
freedomfromsmoking.org

PHONE APP SUPPORT

Quitnet
Quitters Circle
QuitGuide
QuitStart

Kick the Symptoms

Withdrawal symptoms can be challenging. Studies show that using nicotine replacement therapies can nearly double the chances of quitting smoking

NICOTINE REPLACEMENT THERAPY

Many insurance companies, including Medi-Cal and Medicare, can provide assistance in getting you nicotine replacement therapy. Check with your insurance company to find out if you are covered for a product such as the gum, inhaler, patch, or spray.

E-CIGARETTES & VAPING

E-cigarettes are not approved by the FDA as a nicotine replacement therapy. For more information on the health risks associated with E-cigarettes contact the Tobacco Education Program.

Revised 3.1.2019