

NOW ON ECONSULT! Refer to Evidence- Based Tobacco Treatment



The California Smokers' Helpline is a wonderful resource for our patients who want to quit smoking. Being able to use eConsult to connect patients to the Helpline, and receive status updates after the Helpline contacts them, has been a wonderful way to integrate this service into my practice. I have already seen patients make progress due to the eConsult-California Smokers' Helpline collaboration."

Paul Giboney, MD

Easily Refer to Free Cessation Services

If your patient smokes and is interested in quitting, you can now send an eConsult to the California Smokers' Helpline and they will reach out to the patient directly.

California Smokers' Helpline Services

The Helpline offers free telephone counseling to quit smoking to any resident of California. The Helpline is operated by UC San Diego Moores Cancer Center, and funded by the California Department of Public Health and First 5 California. Services are proven in clinical trials to double the chance of long-term quitting at one year and include:

- ▶ A 30-minute session with a trained specialist to develop a quit plan and up to four follow-up sessions
- ▶ Counseling services and self-help materials in English, Spanish, Korean, Vietnamese, Mandarin and Cantonese
- ▶ Specialized services for pregnant smokers, tobacco chewers and teens
- ▶ Free nicotine patches for qualified callers who are pregnant, have children age 0-5, or Asian-speaking
- ▶ Open Monday to Friday, 7 a.m. to 9 p.m., and Saturday, 9 a.m. to 5 p.m.

How to Send an eConsult to the Helpline

- ▶ Select "Community Resource Linkage" under the "Specialty Type" dropdown menu
- ▶ Select "Smokers' Helpline" under "Specialty Type"

For More Information About the Helpline

Please visit www.nobutts.org

