

# **TOBACCO EDUCATION CLEARINGHOUSE OF CALIFORNIA (TECC)**

**Funded by the California Department of Public Health,  
California Tobacco Control Program (CTCP)**

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### **QUESTIONS?**

If you have any questions about this or any other materials offered through the Tobacco Education Clearinghouse of California (TECC), please contact us at [teccorder@tecc.org](mailto:teccorder@tecc.org).

Thank you for visiting our website at [www.TobaccoFreeCatalog.org](http://www.TobaccoFreeCatalog.org).

## More About the Helpline.

What happens when you refer a teen to the Helpline?

Teen dials 1-800-NO-BUTTS.

He or she talks to a Helpline staff person who explains service options (takes about seven minutes).

Caller receives self-help materials and a referral list to other programs. The teen may also receive counseling by appointment.

What about confidentiality?

Cessation materials are mailed in an envelope with the university (UCSD) return address. If a smoker chooses telephone counseling, the discussions are private, except when disclosure is required by law.

Should teens be required to call?

The program works best when calls are made voluntarily.



California Smokers' Helpline

English

1-800-NO-BUTTS (1-800-662-8887)

Spanish

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

Mandarin & Cantonese

1-800-838-8917

Vietnamese

1-800-778-8440

Korean

1-800-556-5564

TDD/TTY

1-800-933-4TDD (1-800-933-4833)

Chewing Tobacco

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

For more information about the California Smokers' Helpline, call 858-300-1010

\*Zhu, S.-H., Stretch, V., Balabanis, M., Rosbrook, B., Sadler, G., & Pierce, J.P. (1996). Telephone counseling for smoking cessation: effects of single-session and multiple-session intervention. *Journal of Consulting and Clinical Psychology*, 64, 202-211.

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The California Smokers' Helpline is listed in *Getting Results Part II-California Action Guide to Tobacco Use Prevention Education*.

# 1-800-NO-BUTTS

## Want to help a teen quit smoking?



California  
Smokers'  
Helpline

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he California Smokers' Helpline is a resource for teens thinking about quitting. Operated by the University of California, San Diego, the Helpline has been providing service since 1992. Every month, thousands of Californians call and receive help. Evaluation has shown that the California Smokers' Helpline is an effective program for smoking cessation.\* The program is free, confidential, and accessible.

When teens call, a friendly staff person will offer several options: self-help materials, a referral list of other programs, and one-on-one counseling over the phone.

Whether smokers are ready to quit, or just thinking about it, the California Smokers' Helpline is ready to help.



California Smokers' Helpline



## Quitting is easier with help.

Services begin with a phone call to the California Smokers' Helpline, 1-800-NO-BUTTS. It's free of charge.

Service hours are Monday through Friday, 9am–9pm, Saturday 9am-1pm. If teens call after hours or when the lines are busy, they will reach the Helpline's 24-hour voice mail service.

The Helpline has services in English, Spanish, Mandarin, Cantonese, Vietnamese, Korean, and TDD/TTY. There are also services for those wanting to quit chewing tobacco.

Anyone in California can call the Helpline, whether they are currently smoking, have already quit, or want information for a friend or relative. Counseling is available for those 14 and up (with parent/guardian permission for those under 18).

Counselors at the Helpline are caring professionals, trained in the field of smoking cessation. They are trained in relevant teen developmental issues, and work under the supervision of a California licensed psychologist. All counselors have passed state childcare worker requirements.