



# PLUMAS COUNTY SUPPORT GROUP RESOURCES

## PLUMAS COUNTY DEPARTMENT OF HEALTH & HUMAN SERVICES

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### Plumas County Dept. of Social Services

“Our pledge is to provide services courteously and professionally. We will be respectful, compassionate, supportive, and impartial. Efficiency, integrity, and respect for individual dignity will govern how we deliver services to Plumas County citizens.”

**Location:** 270 County Hospital Road Suite 207., Quincy, CA 95971

**Contact:** (530) 283-6350

**Website:**

<https://www.plumascounty.us/94/Social-Services>

Last Verified On: 10/26/2023

## ANONYMOUS SUPPORT SERVICES

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### Northern California Fellowship of Alcoholics Anonymous

**24-Hour Hotline:** (530) 225-8955

**Website:** <https://aanorcal.org>

Last Verified On: 07/12/2023



### Narcotics Anonymous

“Reach out to someone who can help find meeting information, access help and resources, and get 24-hour guidance.”

**Contact:** (855) 640-8480

**Website:** <https://www.narcotics.com/na-meetings/california/grass-valley/>

Last Verified On: 11/13/2023

## ALCOHOL SUPPORT

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### Alcohol Rehab Help

“If you or a loved one is struggling with alcohol addiction, you can rely on us to guide you to the best rehabilitation and treatment resources.”

**24/7 Helpline:** (928) 436-6654

**Website:** <https://alcoholrehabhelp.org/>

Last Verified On: 07/12/2023



# PLUMAS COUNTY SUPPORT GROUP RESOURCES

## QUIT SMOKING ASSISTANCE

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### California QUILTS

“Free, Quit Coach Live Support, Texting Program. Resources for Teens and Adults to quit vaping and tobacco.”

#### Call and Chat Counseling:

English Smokers: (800) 662-8887

English Vaping: (844) 866-8273

Spanish: (800) 456-6386

Chinese: (800) 838-88917

Korean: (800) 778-8440

**Text:** “Quit Vaping” to 66819

**Text:** “Quit” Smoking” to 66819

**Website:** <https://www.kickitca.org/>

Last Verified On: 07/12/2023

### Alexa Skills Stop Vaping Coach

“With the Stop Vaping Coach skill, get quit vaping tips or sign up to speak with a quit coach.”

#### Website:

[https://www.amazon.com/dp/B07YBTN1GY/ref=sr\\_1\\_1?keywords=stop%20vaping%20coach&qid=1569431942&s=gateway&sr=8-1&fbclid=IwAR0Bqqyt0UWfJ7MYVSYHQ2NMAbvvhO0UMkCbv7dP7vHPj9fEZwliaP-SEZI](https://www.amazon.com/dp/B07YBTN1GY/ref=sr_1_1?keywords=stop%20vaping%20coach&qid=1569431942&s=gateway&sr=8-1&fbclid=IwAR0Bqqyt0UWfJ7MYVSYHQ2NMAbvvhO0UMkCbv7dP7vHPj9fEZwliaP-SEZI)

Last Verified On: 07/12/2023

## TREATMENT PROVIDERS

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# PLUMAS COUNTY SUPPORT GROUP RESOURCES

## MEDICATION ASSISTED TREATMENT PROGRAMS (MAT) & NARCOTIC TREATMENT PROGRAMS (NTP)

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### Medication Assisted Treatment - Plumas County

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