

KICK IT CALIFORNIA

LOGO

WEBSITE

PHONE NUMBERS

KICK/IT
California

KICKITCA.ORG

ENGLISH
1-800-300-8086
SPANISH
1-800-600-8191

QUIT SMOKING

QUIT VAPING

QUIT SMOKELESS TOBACCO



KickItCa.org

Free, customized one-on-one coaching, grounded in science and proven to help you quit.



Speak with a Quit Coach

Monday-Friday 7 am to 9 pm
Saturday 9 am to 5 pm

1-800-300-8086 (English)

1-800-600-8191 (Spanish)



Chat with a Quit Coach

kickitca.org/chat



Amazon Alexa

Say "Alexa, open Stop Smoking Coach" or "open Stop Vaping Coach"



Quit Smoking Vids

Tips for planning to quit, staying motivated, and handling cravings.



youtube.com/kickitca



Automated Text Program

We'll text you helpful tips at critical points during your quit journey, and answer any questions you have within one business day.

Text "Quit Smoking" or "Quit Vaping" to 66819

Texto "Dejar de Fumar" o "No Vapear" al 66819

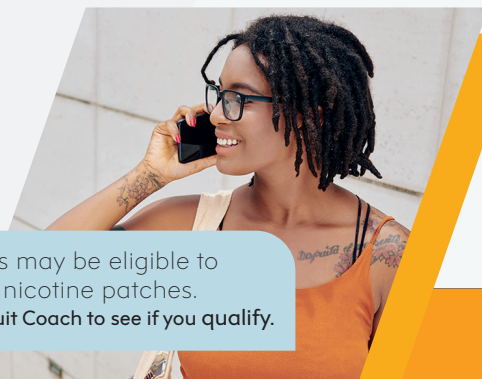


Mobile Apps

Download from the
App Store & Play Store

**no
butts**

**no
vape**



Some clients may be eligible to receive free nicotine patches. Chat with a Quit Coach to see if you qualify.

**WE'VE HELPED MORE
THAN 1 MILLION CALIFORNIANS!**

Kick It California (formerly California Smokers' Helpline) provides free, non-judgmental quit support in six languages. Coaching is based on clinical research conducted by UC San Diego Moores Cancer Center, and funded by the California Department of Public Health & First 5 California.