

ANDRE

SMOKED FOR 33 YEARS

"After years of smoking menthols, I wanted my life back so I decided to call. The coaches at the helpline listened and were more helpful than I could have imagined." KICK/T California

Personal FREE Quit Services



Call English: 1-800-300-8086 Spanish: 1-800-600-8191

M-F 7 am-9 pm | Sat. 9 am-5 pm PT



Chat kickitca.org/chat
M-F 7 am-9 pm | Sat. 9 am-5 pm PT



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



Mobile Apps NoButts | NoVape







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