

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**



kickitca.org



/QUIT YOU CAN TOO.

DOROTHY SMOKED FOR 35 YEARS

"My girlfriend's doctor told her she needed to stop smoking so she said to me, 'Dorothy, I need to stop smoking. Will you be my non-smoking partner?' I said 'Yes,' so we smoked our last cigarette June 13, 2011."

KICK / T
California