

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.



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.



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)

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

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



NEW

Mobile App Kick It: Quit Smoking | Vaping

Download from the
App Store & Google Play



Chat with a Quit Coach

kickitca.org/chat



Free Nicotine Patches

Free patches available for qualified clients who are pregnant or caregivers of children ages 0-5.



Quit Vids

Self-help video series on how to quit cigarettes based on decades of research.



youtube.com/kickitca

Chat with a Quit Coach to see if you qualify for free nicotine patches, made possible by funding from First 5 California.



Kick It California (formerly California Smokers' Helpline) provides free, non-judgmental quit support in English, Spanish, Chinese, Korean, and Vietnamese. Enroll today for one-on-one support from caring, trained professionals. We have lots of tools to help you! Coaching is based on clinical research conducted by UC San Diego Moores Cancer Center, and funded by First 5 California and the California Department of Public Health.