

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

Text "Quit Smoking" or "Quit Vaping" to 66819
Texto "Dejar de Fumar" o "No Vapear" al 66819

1-800-300-8086 (English)
1-800-600-8191 (Spanish)



NEW

Mobile App Kick It: Quit Smoking | Vaping

Download from the App Store & Google Play



Chat with a Quit Coach

kickitca.org/chat



Quit Smoking Vids

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

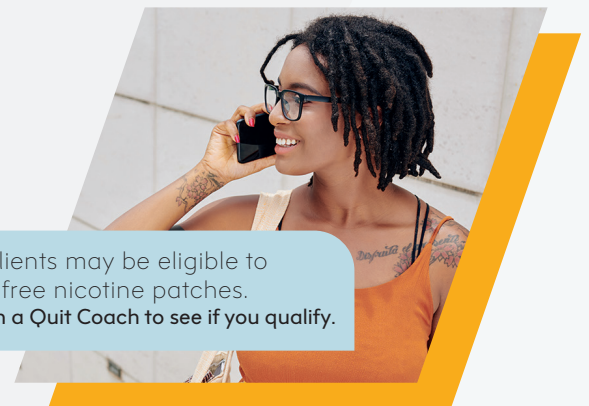
 youtube.com/kickitca



Amazon Alexa

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

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 English, Spanish, Mandarin, Cantonese, Korean, and Vietnamese. 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.