



/QUIT YOU CAN TOO.

MICHAEL

SMOKED FOR 40 YEARS

"I'm disabled and thankfully this free service connected me to friendly counselors that helped me through the process. They even sent me free patches and I haven't had a cigarette since 2012."

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**



kickitca.org