

NEW FOR SEPTEMBER 2021

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.

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

Text to "Dejar de Fumar" to "No Vapear" al 66819



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)



Mobile Apps

Download from the
App Store & Play Store

**no
butts**

**no
vape**



Chat with a Quit Coach

kickitca.org/chat



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 six languages. 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.