

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.

ART
CHEW CLIENT

"My gums were starting to recede.
I didn't want to lose my teeth."

KICK / T
California