

# 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](https://kickitca.org/chat)**

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



Mobile Apps **NoButts | NoVape**



[kickitca.org](https://kickitca.org)

A man with a beard and a dark apron over a light-colored shirt is smiling in a workshop. He is holding a power sander. The background shows wooden shelves and a circular saw. The image is overlaid with a large orange diagonal shape and a dark blue triangle in the bottom right corner.

# /QUIT YOU CAN TOO.

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**MIKE**  
CHEW CLIENT

"When I found white patches in my mouth, it scared me. My dentist referred me to get help to quit. When I did, they went away."

**KICK / T**  
California