

INTRODUCING KICK IT CALIFORNIA



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.

Personal **FREE** Quit Services

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

Envíe "Dejar de Fumar" o "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



Chat with a Quit Coach

kickitca.org/chat



Amazon Alexa

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