



FREE • PERSONALIZED • CONFIDENTIAL QUIT SMOKING & VAPING SERVICES

Visit **NOBUTTS.ORG** and **NOVAPES.ORG** for more info on these services.

Phone & Chat Counseling Mon-Fri 7 am to 9 pm • Sat 9 am to 5 pm

Our highly-trained counselors can help you develop a quitting plan that's right for you.

PHONE COUNSELING

| ENGLISH | |
|-----------------|-----------------------------------|
| Smokers | 1-800-NO-BUTTS (1-800-662-8887) |
| Vapers | 1-844-8-NO-VAPE (1-844-866-8273) |
| Tobacco Chewers | 1-800-844-CHEW (1-800-844-2439) |
| SPANISH | 1-800-45-NO-FUME (1-800-456-6386) |
| CHINESE | 1-800-838-8917 |
| KOREAN | 1-800-556-5564 |
| VIETNAMESE | 1-800-778-8440 |

CHAT COUNSELING

English Only

| | |
|---------|---|
| Smokers | nobutts.org/chat |
| Vapers | chat.novapes.org |

OTHER QUIT SERVICES

Text Messaging Program

Enroll by texting **Quit Smoking** or **Quit Vaping** to **66819**

Mobile Apps iPhone & Android



No Butts



No Vape

Download from the
App Store and Play Store

Amazon Alexa

Say **Alexa, open Stop Smoking/Vaping Coach**

Self-Help Materials

To receive free quit smoking or vaping materials,
call 1-800-NO-BUTTS or 1-844-8-NO-VAPE.

Nicotine Patches for Smokers

Some smokers may be eligible to receive free nicotine
patches. Call 1-800-NO-BUTTS to see if you qualify.



**Smoking & Vaping
could make you
more susceptible
to COVID-19**

Protect your lungs.

Quit Smoking & Vaping.

We've helped nearly ONE MILLION Californians quit!

The California Smokers' Helpline provides nonjudgmental, personalized quit support in six languages. Counseling protocols are based on clinical research conducted by UC San Diego's Moores Cancer Center and funded by the California Department of Public Health, First 5 California, and the Centers for Disease Control and Prevention.