

Cessation Resources to Quit Vaping, Smoking and Using other Nicotine Products

- **Kick It California** - Free state-wide cessation services for everyone 13 years and older
- **Website:** KickItCA.org
 - Supportive Resources
 - Live-chat
 - **Phone - Call** the following phone numbers to speak with a Quit Coach
 - 1-800-300-8086 (English)
 - 1-800-600-8191 (Español)
 - 1-800-556-5564 (Korean)
 - 1-800-778-8440 (Vietnamese)
 - 1-800-838-8917 (Chinese - Mandarin or Cantonese)
 - All available **Monday-Friday from 7am-9pm** (English, Spanish, Korean, Vietnamese, Mandarin and Cantonese) and **Saturday-Sunday from 9am-5pm** (English/Spanish)
 - **Text** - Sign up to receive free quit messages from Kick It California's "NoButts" text program
 - **Text** "QUIT SMOKING", "DEJAR DE FUMAR", "戒烟 / 戒煙", "금연" or "Bỏ hút thuốc" to 66819
 - **Text:** "QUIT VAPING", "NO VAPEAR", "戒电子烟" / "戒電子煙", "베이프 금연", or "Bỏ Vape" to 66819
 - **Mobile App** - [Kick It: Quit Vaping | Smoking](#)
- **National Institute of Health (NIH)** - Free nation-wide cessation services for all.
 - Digital quit plan, App, and 24/7 automated texting service.
 - **Website:** Smokefree.gov Provides targeted cessation support for:
 - Veterans
 - Women
 - Teens
 - Spanish / Espanol
 - Older adults 60+
- **National LGBT Cancer Network** - Offers supportive resources targeted for our LGBTIA+ community
 - **Website:** <https://cancer-network.org/outlast-tobacco/>
 - Free [2-week nicotine replacement therapy](#)



Local Cessation (Quitting) Resources

- Ask your healthcare provider
 - Check your medical insurance for coverage
 - Discuss nicotine replacement therapy
 - Ask about cessation medications
- [Nicotine Anonymous](#) (bit.ly/3RzwBNR)
 - 12-step group program via Zoom meetings



For more information, visit the **County of Marin Health and Human Services' Tobacco Prevention Program** at marinhhs.org/tobacco-prevention-services ([scan the blue QR code above](#))

