

KICKIT

California



There is **FREE** help to stop smoking and vaping!
Visit kickitca.org

ENGLISH
1-800-300-8086

KOREAN
한국어
1-800-556-5564

ESPAÑOL
1-800-600-8191

VIETNAMESE
Tiếng Việt
1-800-778-8440

CHINESE
中文
1-800-838-8917

TEXT "Quit Smoking" or "Quit Vaping" to **66819**
TEXTO "Dejar de Fumar" o "No Vapear" al **66819**



Must be at least 13 years or older to call or text.

Free Nicotine Patches

You may be eligible for a 2-week starter kit mailed to you.

Ask Your Provider

To help you or a household member quit tobacco, check with your provider or medical insurance to find out where you can get services.

Flip to back

Local Resources

Phone Counseling & Online Services

American Cancer Society FREE
1-800-227-2345
Extension 3
www.cancer.org

American Lung Association FREE
Free Counseling and Advice
1-800-LUNG-USA
www.lung.org/quit-smoking

The Truth Initiative
The EX Team FREE
www.becomeanex.org
or To Quit JUUL/Vaping
Text **DitchJUUL** to
887-09

smokefree.gov/
Or
Text **QUIT** to **47848**

Quit Kits

Adult: Sacramento County Tobacco Education Program FREE
916-875-5869
<https://dhs.saccounty.gov/PUB/Pages/Tobacco-Education-Program/SD-Tobacco-Cessation.aspx>

Youth: Sacramento County Office of Education FREE
https://www.scoe.net/divisions/ed_services/prevention/tupe/

Local Classes & Support Groups

Nicotine Anonymous FREE
www.nicotine-anonymous.org
12-step Quit Smoking Program Online

Freedom from Smoking Cessation classes \$
<https://www.lung.org/quit-smoking/join-freedom-from-smoking>
Local and/or virtual 8-week courses

Other Services

Department of Veterans Affairs (Veterans Only) FREE
1-855-QUIT-VET or
Text VET to 47848
<http://www.publichealth.va.gov/smoking/>

California Rural Indian Health Board (CRIHB) FREE

Tobacco Program
916-929-9761
<https://crihb.org/>
Type Of Service: Tobacco prevention & education for American Indians

Help Me Dr. Ronda, Inc. \$
www.helpmedronda.com
Free initial consultations;
Behavioral habit control,
hypnotherapy sessions
Phone counseling available

Local Health Systems

Kaiser Permanente Health Education FREE
South Sacramento Health Education Line 916-688-2428
Telephone Cessation Coaching (1-866-251-4514)
(English and Spanish)
All services for KP members

UC Davis Health System FREE
916-734-0718
Extension 3
<https://health.ucdavis.edu/livinghealthy/>
Quit Tobacco Program;
Free to all UCD members

Sutter Roseville Medical Center \$
Need referral to cessation NP specialist from your PCP
916-755-7060— this goes to the oncology department
<https://www.sutterhealth.org/srmc>

Local Pharmacies

Pucci's Pharmacy \$
916-442-5891 or
Text 916-796-4514
<http://www.puccirx.com/>
Offering Tobacco Cessation Counseling and *NRT
Billed to health plan when eligible

CVS Minute Clinic \$
1-866-389-2727
<https://www.cvs.com/minuteclinic/services/smoking-cessation>
Start to Stop Smoking Cessation Program: 1-on-1 consultation

To get involved with the Greater Sacramento Smoke & Tobacco Free Coalition (GSSTFC) and/or its Cessation Taskforce, please visit: <https://greatersactobaccofree.org/>

"\$" symbol represents the service has a fee



For more information, please call the Sacramento County Tobacco Education Program at **916-875-5869**

Note: Sacramento County provides information and education to the community but does not provide clinical advice or endorsement of specific stop smoking/quit tobacco products, medications, processes, services or resources. Updated October 24, 2023.