

You Can Quit Smoking. We Can Help!



Doubles Your Chance of Quitting for Good

Enroll today for one-on-one support from caring, trained professionals. Services are available in English, Spanish, Chinese, Korean and Vietnamese.

We have lots of tools to help you!

TELEPHONE COUNSELING

SELF-HELP MATERIALS

TEXT MESSAGING PROGRAM

FREE NICOTINE PATCHES*

*Free patches for qualified callers who are pregnant or have children under age 5, made possible by funding from First 5 California.

Hours

Mon thru Fri, 7 am-9 pm and Sat, 9am-5pm

Call Today!

CALIFORNIA
SMOKERS' HELPLINE
1-800-NO-BUTTS

(1-800-662-8887)

Enroll Online

info.nobutts.org/pregnant

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