

Services for LGBTQ Tobacco Users: **WHAT TO EXPECT**

At Kick It California (KIC), we strive to provide a safe and affirming program for LGBTQ clients who want to quit smoking, vaping, and chewing tobacco. We are committed to fostering inclusiveness, respect, and honoring diversity.

Privacy

All KIC services are free and confidential. We do not share client information outside of KIC. An exception would be if there were a clear danger to the client or someone else.

Services

KIC offers quit coaching via phone and chat, an automated text program, mobile app, digital quit plans, and quit videos.

Champions & Allies

Champions are KIC staff who are members of the LGBTQ community. Allies are KIC staff who have voiced a special interest in working with LGBTQ clients. Champions and allies receive extra training on how to help LGBTQ clients quit.

Staff Training

Our staff are welcoming and well-prepared. KIC partners with LGBTQ organizations to provide cultural competency trainings to staff on a bi-annual basis. Champions and Allies attend 1-2 additional trainings each year from LGBTQ healthcare experts.

PATH TO QUITTING

KIC Quit Coaching

Sign up online or via phone to get support from a KIC Quit Coach. As an LGBTQ-supportive program, we ask about quitting needs as well as gender identity, sexual orientation, and name the client wants to go by.

KIC coaches use tested strategies for tobacco cessation with an LGBTQ-sensitive approach. For example, we discuss topics like LGBTQ-related stress, tobacco & health for people living with HIV & AIDS, transgender people using hormones, and common triggers such as bars and other LGBTQ social spaces.

Initial Coaching Call

The first call lasts 25-30 minutes and focuses on client reasons to quit, making a quit plan and setting a quit date.

Follow-up calls

We call clients at critical times during the first two weeks of quitting to help prevent relapse. Calls typically last 5-10 minutes.

Visit kickitca.org/quit-now for more information.

Join our free texting program.

Text "Quit Smoking" or "Quit Vaping" to 66819



Call for **FREE, CONFIDENTIAL** help to quit tobacco!

1-800-300-8086

Quit Now