

**Are you interested
in quitting smoking
or vaping?**

**We're with you every
step of the way.**



Free Quit Smoking/ Vaping Resources

new lung

- Services are available in English, Spanish, Vietnamese, Farsi, and Korean
- FREE nicotine patches when you enroll in NEW-LUNG's quit smoking & quit vaping services! (for adult participants only)
- Call 1-866-639-5864 (1-866-NEW-LUNG) |
- Visit <https://www.1866newlung.com/>



KICK / T KICKIT CALIFORNIA

California

- Services are available in English, Spanish, Chinese, Vietnamese, and Korean
- FREE nicotine patches are available to adult participants of telephone counseling
- Call 800-300-8086 | Visit <https://kickitca.org/>



AMERICAN CANCER SOCIETY EMPOWERED TO QUIT

- This is a free, email-based quit smoking program and more to help you quit
- Call 1-800-227-2345
- Visit <https://www.cancer.org/cancer/risk-prevention/tobacco/empowered-to-quit.html>



Free Quit Smoking/ Vaping Resources Continued



AMERICAN LUNG ASSOCIATION FREEDOM FROM SMOKING

- Call to order Freedom From Smoking® Self-Help Guide
- Available in English and Spanish
- Call 1-800-LUNGUSA | Visit <https://www.freedomfromsmoking.org/>



NICOTINE ANONYMOUS

- Join a Nicotine Anonymous meeting dedicated to helping people live nicotine-free lives
- Hope for Nicotine Vapers Meeting | Thursdays | 6 PM PST/ 9PM EST | Zoom
- Call 1-877-879-6422 (1-877-TRY-NICA)
- Find a meeting: <https://www.nicotine-anonymous.org/find-a-meeting>



Additional Free Quit Smoking/ Vaping Resources Near You



City of Hope

626-256-4673 EXT. 89114
626-535-3983

[HTTPS://RB.GY/GQ2063](https://rb.gy/gq2063)



UCI Medical Center

714-880-7812

[HTTPS://RB.GY/INXANG](https://rb.gy/inxang)



LGBTQ Center OC

714-953-5428

[HTTPS://RB.GY/ZHW847](https://rb.gy/zhw847)

