

Ready to Quit Smoking?

English
1-800-NO-BUTTS

Cantonese
1-800-838-8917

Korean
1-800-556-5564

Mandarin
1-800-838-8917

Spanish
1-800-45-NO-FUME

Vietnamese
1-800-778-8440

Chew
1-800-844-CHEW

Call our FREE quitline and speak to a trained, caring professional.

- Multiple languages
- A personal quit plan made just for you
- Doubles your chance of success
- Specialized services for pregnant smokers, tobacco chewers, and teens
- Some callers may be eligible for free nicotine patches, sent directly to their home.
- Hours: Weekdays: 7 a.m. to 9 p.m.
Weekends: 9 a.m. to 5 p.m.



CALIFORNIA
SMOKERS' HELPLINE
1-800-NO-BUTTS

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