



Tobacco Cessation/Quit Resources

- **The California Smokers' Help** Line offers free services for teens and adults that include: self-help materials and one-on-one counseling over the phone. Services are available in multiple languages. www.nobutts.org
 - English: 1-800-NO BUTTS (1-800-662-8887)
 - Spanish: 1-800-45 NO FUME (1-800-456-6386)
- **Chewing Tobacco:** 1-800-844-CHEW (1-800-844-2439)
- **SmokeFree.gov Smart Phone Apps:** NCI QuitPal, QuitSTART, QuitGuide
- **Smokefree TXT Support for Teens:** Text QUIT to iQuit (47848)

