

Stopping Smoking

Californians who want to quit smoking, or are thinking about it, can call 1-800-NO-BUTTS, a free, professional and confidential telephone service offered to anyone living in the state. Quitting assistance and information is offered in a variety of languages, including Spanish, Mandarin, Cantonese, Vietnamese and Korean as well as English. Specialized counselors for teens, the hearing impaired and users of chew and smokeless tobacco products are also available.

It's never too late to quit smoking. The health benefits begin immediately. Breathing improves, and risks of serious illnesses like lung cancer and heart disease decrease. Your sense of smell will improve and food will taste better.

For English: 1-800-662-8887

For Spanish: 1-800-456-6386

TDD: 1-800-933-4TDD

Or call Nicotine Anonymous at 1-800-642-0666