

Smoking Cessation Counseling and Community Resources

American Lung Association Helpline: 1-800-LUNGUSA

California Smokers' Help Line

Phone Counseling for Smoking, Chewing Tobacco and Vaping.

Counseling available M-F 7 am. – 9 p.m. Sat. 9 a.m. – 5 p.m.

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| English | 1-800-300-8086 |
| Spanish | 1-800-600-8191 |
| Mandarin & Cantonese | 1-800-838-8917 |
| Vietnamese | 1-800-778-8440 |
| Korean | 1-800-556-5564 |
| Hearing Impaired | 1-800-933-4833 |
| Teens | 1-800-843-5200 |

Smoking Cessation Local Resources:

Website:

- www.nobutts.org/county-listing
- www.kickitca.org/