



Resources

1. Smokefree.gov

- A federal resource offering personalized quit plans, mobile apps, and free text programs for adults, teens, veterans, and pregnant people.
- Includes: **SmokefreeTXT**, **quitSTART app**

2. 1-800-QUIT-NOW (CDC Quitline)

- Free, confidential phone support that connects callers to trained quit counselors in their state. Multilingual and 24/7.
- **Call: 1-800-784-8669**
- cdc.gov/tobacco

3. Truth Initiative – This Is Quitting

- A free text message program designed specifically to help teens and young adults quit vaping or smoking.
- **Text “DITCHVAPE” to 88709**
- truthinitiative.org/thisisquitting

4. American Cancer Society – Guide to Quitting Smoking

- Evidence-based tools and tips, including info on nicotine replacement, triggers, and behavioral strategies. Also includes phone support.
- **Call: 1-800-ACS-2345**
- [Cancer.org/healthy/stay-away-from-tobacco/guide-quitting-smoking.html](https://cancer.org/healthy/stay-away-from-tobacco/guide-quitting-smoking.html)

5. Tobacco Free California (Kick It California)

- California's statewide quitting resource with local referrals, online coaching, and multi-language phone/text help.
- **Text “QUIT SMOKING” or “QUIT VAPING” to 66819**
- <https://kickitca.org>

Contact Information

For questions about YCOE's Tobacco Use Prevention Education Program, contact:

Jucali Casas, Program Specialist

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TOP 10 TIPS TO QUIT SMOKING

01.

Find Your Reason

Why do you want to quit? To breathe easier? Be there for your kids? Save money? Write it down. A clear reason helps you get started and keeps you motivated through cravings.

02.

Make a Plan

What triggers you to smoke: stress, boredom, or social settings? Plan ahead for tough moments. Try: drinking water, going for a walk, or texting a friend.

03.

Call for Free Help: 1-800-300-8086

Kick It California offers free, confidential coaching. A trained coach will help you build a quit plan and stick with it.

04.

Get Support

Tell family and friends about your plan to quit. Ask for encouragement, and let them know how they can help.

05.

Use Quit Aids

FDA-approved products like nicotine patches or gum reduce withdrawal symptoms and double your chance of success. Ask your doctor, your insurance may cover it.

06.

Make Your Space Smoke-Free

A smoke-free home and car help you quit and protect loved ones from secondhand smoke.

07.

Set a Quit Date

Choose a day to quit and stick to it. Planning is great — but action matters more.

08.

Picture Yourself Smoke-Free

Are you someone “trying to quit,” or a non-smoker now? Seeing yourself as a non-smoker strengthens your commitment.

09.

Keep Going

Most people try multiple times before quitting for good. A slip isn't a failure, it's a chance to learn and try again.

10.

Track Your Progress

Celebrate small wins: 1 day, 1 week, 1 month smoke-free. Watch your health improve and your savings grow. Each milestone builds confidence.