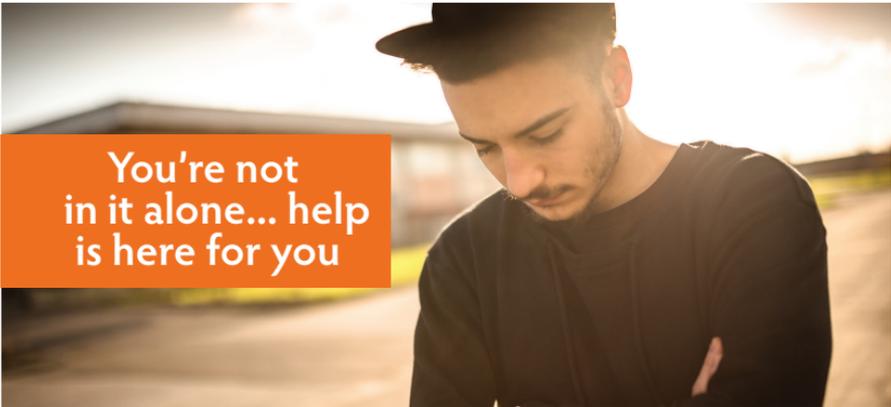


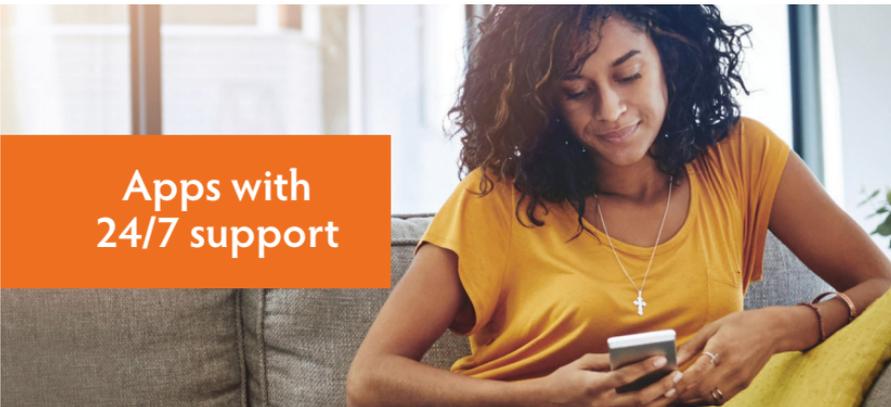
# Sonoma County Tobacco/Nicotine Cessation Resources



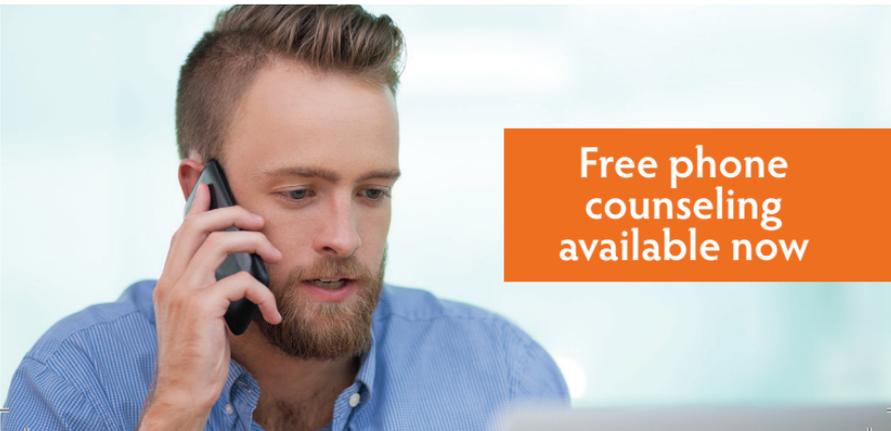
You're not  
in it alone... help  
is here for you



There's help  
in your  
doctor's office



Apps with  
24/7 support



Free phone  
counseling  
available now

# Support is Important to Your Success

## Resources to help Quit Smoking or Vaping

No Judgements. Just Help.

### Kick It California

Phone Counseling • Texting • Online Chat • Quit Apps •  
Self-Help Materials

Free patches for families with children under age 6

[www.kickitca.org](http://www.kickitca.org)

Call (800) 300-8086 or

Text "Quit Smoking" or "Quit Vaping" to 66819

### Nicotine Anonymous Support Group

Meetings may be available virtually and in person

[www.nica-norcal.org/meetings/](http://www.nica-norcal.org/meetings/)

(707) 664-9335

### Smokefree.gov

Texting • Online Chat • Quit Apps • Self-Help Materials

### Healthcare Providers

Your Healthcare provider has resources to help you quit, such as counseling, nicotine replacement therapy patches, and prescription medications to ease nicotine withdrawal symptoms.



A program of the Sonoma County  
Department of Health Services

[Preventioninfo@sonoma-county.org](mailto:Preventioninfo@sonoma-county.org)



@ImpactSonoma