



Kick It California

Kick It California is a free program that offers customized one-on-one coaching services to help people quit smoking, vaping and smokeless tobacco. Call to chat with a quit coach, download the mobile app or enroll to receive helpful texts along your quit journey.

1-800-300-8086 (English)

1-800-600-8191 (Español)



Kick It California offers a free text messaging program to quit smoking and vaping. Get automated texts perfectly timed to each stage of the quit journey. Text questions and a Quit Coach will respond.

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

This is Quitting is a free and anonymous text messaging program designed from other young people who attempted to or successfully quit vaping.

Teens and young adults, 13-24 years old, can text **"DIT CHV APE" 88709**.

Users will receive one message per day to help young people feel motivated, inspired, and supported through their quitting process. Messages will include evidence-based tips and strategies to motivate people to quit and stay quit.



Resources for Parents

Are you a parent of a young person who vapes? Parents can text **"QUIT"** to **847-278-9715** to sign up to receive text messages designed specifically for parents with youth who vape.

Get Involved

JOIN OUR COMMUNITY EFFORTS

Eliminate exposure to secondhand smoke.
Decrease social acceptability of tobacco use.
Promote cessation of tobacco use.
Prevent tobacco use among youth.



To learn how you can become a member of the **TEACH Coalition**, please call:

530-527-6824

or visit: www.tehamacountyhealthservices.net/our-services/public-health/programs/tobacco-education/get-involved

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Tehama County
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TEHAMA COUNTY TOBACCO RESOURCE GUIDE



**EVERY DAY IS A GREAT DAY
TO QUIT SMOKING AND
VAPING.**

What is YOUR reason to quit?

State Youth Services and Classes

The right tools and support can help someone choose to quit and stick with it for good. Check out these resources and share them when your friend feels ready to take that step.

This is Quitting A texting program for ages 13-24 that offers messages from other young people who have attempted or successfully quit smoking and vaping.
Text: **“DITCHVAPE”** to **88709**
Visit: exprogram.com

QuitSTART A smartphone app for ages 13+ that offers personalized tips, support to manage tough days, and encouragement after relapse.
Download: **QuitSTART App**
Visit: smokefree.gov/tools-tips/apps/quitstart

State Youth Services and Classes

Kick It California A texting program, online chat, smartphone app, website, and phone hotline for ages 13+ that offers personalized support from a live coach on how to quit smoking, vaping, and using smokeless tobacco.
Visit: kickitca.org

SmokefreeTXT for Teens A texting program that provides advice, quit support, and motivation to youth and teens ages 13 – 17 that smoke or vape.
Text: **“QUIT”** to **47848**
Visit: teen.smokefree.gov
Text: **“KICK VAPES”** to **66819**
Visit: yvape.org
Download: **No Butts App** or **No Vape App**
YouTube Videos: <https://bit.ly/Yvape>
Call a **YVape** Coach: **1-888-525-0122**

Local Youth Services and Classes

Tehama County Office of Education is committed to helping all teens recover from tobacco use by providing evidence-based programs and support.

Red Bluff High School Counseling Office
Type of Service: Quit aids and educational resources.
Call: **530-529-8710**
Visit: rbhs.rbhsd.org/academics/counseling

Tehama County TUPE /FNL
Type of Service: Free group counseling.
Call: **530-528-7391**
Email: ymoreno@tehamaschools.org

You’ve got this, and you don’t have to do it alone.

Quitting is personal what works for someone else might not work for you. The key is to make a plan and get ready before you start.

- **Pick a quit date.** Choose a day and commit to it.
- **Tell people you trust.** Let your friends, family, or others know why quitting matters to you—they can help support you.
- **Learn from the past.** If you’ve tried before, think about what worked and what didn’t.
- **Focus on the benefits.** Quitting can improve your health, save you money, boost your energy, and help you feel more in control.
- **Have a game plan.** Think of ways to handle cravings—like staying busy, hanging out with friends, exercising, or using other healthy distractions—and be ready for withdrawal symptoms.