

FREE TOBACCO QUIT RESOURCES IN KERN COUNTY



Virtual



Spanish



Scan QR code to access these resources online:
kcessation.my.canva.site



In-Person



App Program



Workshop/Group



Text Program



Individual Support



Self-help Tools

Consult your doctor about nicotine replacement therapy options to help you quit smoking.

		Resource	How to get help	Services offered
Members Only		Freedom from Tobacco Classes	(661) 664-3712	
		EX Program and 1:1 Phone Support	Visit: go.TheExProgram.com/ AnthemBlueCross Email: HealthEd_CA_Medicaid@anthem.com	
		Fresh Start Classes	1 (800) 391-2000	
		Mental Health & Addiction Support	(661) 327-4030	
Available to the public		Substance Use Services	1 (866) 266-4898 (24 hrs)	
		Freedom from Smoking & Lung Helpline	1 (800) 586-4872	
		Phone support in Asian languages	1 (800) 838-8917 (Chinese) 1 (800) 556-5564 (Korean) 1 (800) 778-8440 (Vietnamese)	
		Talk or Chat with a Quit Coach	1 (800) 300-8086	
Text and App programs		Quit text program	Text "Quit Vaping" to 66819 or "Quit Smoking" to 66819	
		Smokefree text program	Text QUIT to 47848	
		Ex text program	Visit: join.exprogram.com	
		Kick It: Quit Smoking Vaping	Scan QR code to download app	
		quitSTART	Scan QR code to download app	