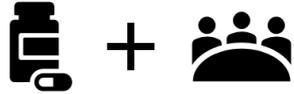


Quit Tips

- Research shows the most effective way to quit is by combining counseling and prescription medication.



- It all starts with selecting a quit date.



- Write down a list of reasons why you are quitting. You can review this list when you have cravings.



- Develop a plan for how you will handle cravings. Many people use exercise and other distractions.



- Quitting is a journey and you may not be successful on your first attempt.



- If you slip up, take some time to think about what happened, update your plan, and try again.



Thanks For Reading!

We are excited that you are embarking on what may be the most important journey of your life.



CALIFORNIA HEALTH
COLLABORATIVE

QUITTING TOBACCO

A Resource Guide to a Better Life



Facebook

Social Media Support Group



Quit Smoking Cigarettes Support Group
Private group · 41K members

This is a digital support group where you can interact with people who are trying to quit. People who use all types of tobacco are welcome.

Apps



Search "Stop Smoking" in Your App Store

Use an app to track savings, health benefits received, and reasons for quitting. Some also include a quit diary, quit tips, and games to distract you from cravings.

Counseling

Seeking counseling will significantly improve your odds of staying quit for good.



1-800-300-8086

Create a personalized quit plan and receive follow-up calls from a tobacco treatment specialist. Free patches are often available.

12 Step Program

Zoom and Telephone



Google "Nicotine Anonymous" to find a zoom or telephone support group.

Texting Program



Text "Quit Smoking" to 66819

You will receive daily text messages that include useful tips for quitting and staying quit. You can respond back to messages with questions at any time.

Medications

These products, for people 18 and older, are covered by Medi-Cal, Medicaid, and most insurance.

Prescription Medications

Prescription medications, like Chantix, reduce cravings and block the feel good effects of nicotine.

Nicotine Replacement Therapies

NRTs provide relief from withdrawal symptoms. These products include nicotine patches, gum, and lozenges.