

FREE TOBACCO QUIT RESOURCES IN KERN COUNTY



Virtual



Spanish



In-Person



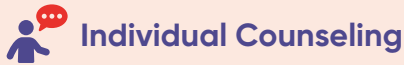
App Program



Workshop/Group



Text Program



Individual Counseling



Self-help Tools



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

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

		Resource	Phone	Services Offered
Members Only		Kaiser Permanente	1 (866) 862-4295	
		Kern Family Health Care	(661) 327-4030	
		Bakersfield American Indian Health Project	(661) 327-4030	
Available to the public		Kern County Behavioral Health and Recovery Services	(866) 266-4898 (24 hrs)	
		American Lung Association (Online)	(562) 933-0977	
		American Lung Association (Ridgecrest, CA location)	(760) 499-3584	
		Kick It California	1 (800) 300-8086	
Text and App programs		Kick It California	Text "Quit Vaping" to 66819 or "Quit Smoking" to 66819	
		SmokefreeTXT	Text QUIT to 47848	
		Truth Initiative	Text DITCHVAPE to 88709	
		CONNECT 5	Scan QR code to download app	
		quitSTART	Scan QR code to download app	