

For more information, contact  
Health Services Agency  
Tobacco Education Program  
(209) 558-5657



## Smokers to Get FREE Nicotine Patches

**F**or a limited time, the California Smokers' Helpline is sending free nicotine patches to callers from Stanislaus County.

Eligible tobacco users will receive a free two-week starter kit of patches, while supplies last.

In addition, callers may receive free one-on-one counseling from a trained counselor, a self-help booklet, and referral to local quit smoking programs.

Using counseling and the patch together increases your chances of success.

### **Helpline Hours**

Monday-Friday: 7 am to 9 pm  
Saturday: 9 am to 1 pm



### **California Smokers' Helpline**

#### **English**

**1-800-NO-BUTTS  
(1-800-662-8887)**

#### **Cantonese**

**1-800-838-8917**

#### **Korean**

**1-800-556-5564**

#### **Mandarin**

**1-800-838-8917**

#### **Spanish**

**1-800-45-NO-FUME  
(1-800-456-6386)**

#### **Vietnamese**

**1-800-778-8440**