

More About the Helpline



- Helpline services are free and include self-help materials, a list of other stop smoking programs in your area, and one-on-one telephone counseling.
- Open Monday through Friday from 7 am to 9 pm, and Saturday from 9 am to 1 pm.
- Services are offered in English, Spanish, Mandarin, Cantonese, Vietnamese, and Korean.
- There are special services and materials for pregnant smokers, teens, and tobacco chewers.
- Anyone in California can call the Helpline, whether they are currently smoking, have already quit, or want information for a friend or relative.
- People who receive counseling are twice as likely to quit as those who try to quit on their own.
- Helpline counselors are caring professionals, trained on how to help people quit smoking.



California Smokers' Helpline
1-800-NO-BUTTS

Call Today!

English

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

Spanish

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

Mandarin and Cantonese

1-800-838-8917

Vietnamese

1-800-778-8440

Korean

1-800-556-5564

Chewing Tobacco

1-800-844-CHEW (1-800-844-2439)

Visit Our Website

www.nobutts.org



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Pregnant & Smoking
Want to help
yourself and your
baby?



**California
Smokers'
Helpline**
1-800-NO-BUTTS

Now is the Time to Get Help and Quit!

It's not easy to quit smoking. But this is the perfect time. If you have tried before, you have a head start. You can learn from your earlier times.

And you don't have to do it alone. The California Smokers' Helpline is here for you. We can work with you to make a plan that fits your life.

About the Helpline

The California Smokers' Helpline is a telephone program that can help you quit smoking. Services are free and are funded by First 5 California and the California Department of Public Health.

The Helpline has been open since 1992 and has helped hundreds of thousands of people quit smoking. Special materials and services are available just for pregnant smokers.

When you call, a friendly staff person will offer a choice of services: self-help materials, a list of other programs in your area, and one-on-one counseling over the phone.

Whether you are ready to quit or just thinking about it, call **1-800-NO-BUTTS** (1-800-662-8887).

When You Quit Smoking, Everyone Wins

Your Baby Wins

- Enough oxygen and nutrients
- Better developed lungs
- Less risk of premature birth or a stay in intensive care

You Win

- A safer pregnancy
- Less risk of miscarriage
- Less risk of lung problems, cancer, heart attack or stroke

Your Baby Grows Up Winning

- Fewer colds and allergies
- Less asthma
- Fewer trips to the doctor
- Fewer behavior problems
- Better progress in school

When A Mother Smokes While Pregnant...

- Chemicals in cigarettes cut down the baby's oxygen and food supply.
- The baby gets less of what he or she needs to grow and develop.
- There is more risk of bleeding, miscarriage, and stillbirth.
- The baby could be born too small, with lifelong health problems.
- The baby may have childhood learning problems.
- Every cigarette puts the baby in more danger.

