

TOBACCO EDUCATION CLEARINGHOUSE OF CALIFORNIA (TECC)

**Funded by the California Department of Public Health,
California Tobacco Control Program (CTCP)**

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QUESTIONS?

If you have any questions about this or any other materials offered through the Tobacco Education Clearinghouse of California (TECC), please contact us at teccorder@tecc.org.

Thank you for visiting our website at www.TobaccoFreeCatalog.org.

More About the Helpline.

How can the California Tobacco Chewers' Helpline help you to quit?

Self-help materials, if you would like to quit on your own.

A referral list of other programs in your area, if you would like to attend a group or a class.

Confidential, one-on-one telephone counseling, if you are ready to quit and want some help.

Does the telephone counseling really work?

Yes. People who receive counseling are twice as likely to stay quit as those who try to quit on their own. These results are from a research study of over 3,000 smokers. It is expected that these results would also apply to tobacco chewers.

Is the nicotine patch right for you?

The effectiveness of the nicotine patch has not been fully tested for quitting chew and snuff. The FDA has only approved of the patch for smoking cessation. However, some chew users have had success using quitting aids, such as the nicotine patch, gum, and Zyban®. Check with your health care provider to decide if a quitting aid is right for you.



California Tobacco Chewers' Helpline
A Service of the California Smokers' Helpline

Call Today!

English

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

Spanish

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

Mandarin & Cantonese

1-800-838-8917

Vietnamese

1-800-778-8440

Korean

1-800-556-5564

TDD/TTY

1-800-933-4TDD (1-800-933-4833)

Smokers

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

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www.nobutts.org

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1-800-844-CHEW

Want to quit
chewing?



California
Tobacco
Chewers'
Helpline

*A Service of the
California Smokers' Helpline*



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he California Tobacco Chewers' Helpline (a service of the California Smokers' Helpline) is a telephone program that can help you quit using smokeless tobacco. Helpline services are free, funded by the California Department of Health. The Helpline has been in operation since 1992. Every month, thousands of Californians call and receive help.

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

Whether you're ready to quit or just thinking about it, call 1-800-844-CHEW.



The Helpline Is Here For You

Call the California Tobacco Chewers' Helpline at 1-800-844-CHEW. Free help is just a phone call away.

Service hours are Monday through Friday, 9am–9pm, Saturday 9am–1pm. If you call after hours or if the lines are busy, you will reach the Helpline's 24-hour voice mail service.

There is also a Helpline number for smokers: 1-800-NO-BUTTS.

Anyone in California can call the Helpline, whether they are currently using tobacco, have already quit, or want information for a friend or relative.

Counselors at the Helpline are caring professionals, trained in the field of tobacco cessation.

Quitting is easier with help.