

Teens/Young Adults:

Resources to help quit smoking

Resource	Description	WEBSITE/TEXT LINE
 <p>truth initiative INSPIRING LIVES FREE FROM SMOKING, VAPING & NICOTINE</p>	<p>This is Quitting- Is the Truth Initiative's e-cigarette text-based quitting program. Teens join by texting "DITCHVAPE" to 88709. Parents and others looking to support young people in quitting can text QUIT to (202)899-7550</p>	<p>https://truthinitiative.org/thisisquitting</p> <p>Youth- Text "DITCHVAPE" to 88709</p> <p>Parents- Text Quit to (202)899-7550</p>
 <p>NOT for Me my path to quit...</p>	<p>The American Lung Association has created a 8 step self-guided, mobile- friendly web-based program that gives teens the resources to quit vaping, smoking or chewing tobacco products</p>	<p>https://notforme.org/</p>
 <p>QUIT THE HIT</p>	<p>Quit the Hit is a cessation support group through Instagram. This community offers support and education in small groups of 10-15 for 30 days. Active moderation provided by a cessation coach</p>	<p>https://quitthehitnow.com/</p> <p>@quitthehit on Instagram</p>
 <p>Live Vape Free</p>	<p>Live Vape Free – youth vaping program</p> <p>Youth will enroll through a text option and have access to a cessation coach immediately</p>	<p>https://myquitforlife.com/mve?client+LVFN&clientid+11501525</p> <p>Scan QR code or Text VAPEFREENC to 873373 Ages 13-17</p> 

1800-Quitnow or 1800-784-8669

Free quit help and coaching in English, Spanish and Asian languages

Quitassist.com

Live online help 24/7

Smokefree.gov

Free information and content specifically for adolescents and women. Has smart a smart phone app

BeTobaccoFree.gov

Free information and tools from the U.S. Department of Health and Human Services