



QUIT VAPING

Resources and tools available to help teens quit vaping.

YOUTH & TEENS

- ⇒ **MyLifeMyQuit:** <https://www.mylifemyquit.com>
Register online or Text "Start My Quit" to 855.891.9989 or call.
- ⇒ **Truth Initiative:** <https://www.thetruth.com/articles/hot-topic/quit-vaping>
This is Quitting: Free quit-vaping, quit-smoking mobile program specifically for teens and young adults.
Text: "QUIT" to 706.222.QUIT (706.222.7848)
- ⇒ **SmokefreeTEEN:** <https://teen.smokefree.gov/>
Young adults (13-19 years old) in US who want to be smoke free
- ⇒ **SmokefreeTXT for Teens:** <https://teen.smokefree.gov/become-smokefree/quitstart-app>
Text: QUIT to 47848 or download quitSTART app
- ⇒ **QuitNow NH:** <https://quitnownh.org/> or 1.800.QUIT.NOW
Individuals age 14 and older can call the quit line and speak with a quit coach - FREE Nicotine Patches, Gum or Lozenges for age 18+
- ⇒ **BecomeAnEX**[®]: <https://www.becomeanex.org/>
Free digital quit-smoking plan and on-line community



PARENTS & ADULTS

- ⇒ Ask your child's pediatrician for help
- ⇒ **Truth Initiative:** <https://truthinitiative.org/>
This is Quitting: Free quit-vaping, quit-smoking mobile program specifically for teens and young adults.
- ⇒ **Smokefree:** <https://smokefree.gov/help-others-quit/loved-ones>
Tips and tools to help a loved one quit
- ⇒ **QuitNow NH:** <https://quitnownh.org/> or 1.800.QUIT.NOW (800.784.8669)
Resource available to help another person quit
- ⇒ **Boston Children's Hospital - Adolescent Substance Use & Addiction Program:**
<http://www.childrenshospital.org/centers-and-services> or call 617.355.2727

PROVIDERS

- ⇒ **QuitWorks-NH:** <https://quitworksnh.org/>
Solutions for providers to help your patients quit smoking
- ⇒ **Smokefree:** <https://smokefree.gov/help-others-quit/health-professionals>
Resources to share with patients and clients



Breathe New Hampshire

Visit <https://breathenh.org/lung-health/e-cigarettesvaping> to learn more about vaping.

Vaping Unveiled™ - Bring this free program to your community to educate youth, parents, schools and the communities about the dangers of youth nicotine addiction through vaping e-cigarettes, "Juuls," and other devices.

Quit Smoking - 5 Tips for Teens

1. Get Started

- Get rid of all your tobacco products, ashtrays, matches, and lighters
- Pick a quit day and put it on your calendar or school planner
- Download the free [quitSTART](#) app for help

2. Get Support

- Tell a friend, family member, or other trusted person that you are quitting
- Ask others not to smoke around you or let you bum a cigarette
- Get help to quit at www.teen.smokefree.gov
- Sign up for [SmokefreeTXT](#) to get 24/7 tips, advice, and encouragement

3. Get Motivated

- Create a list of reasons for quitting and post it where you will see it every day
- Think about how you will save money, look better, and have better health
- Plan to avoid the habits and places that make you most want to smoke

4. Get Real

- Stay away from other tobacco products and e-cigarettes
- All tobacco products have nicotine, a highly addictive drug
- E-cigarettes also contain nicotine and have unknown health risks
- Learn more about the real cost of smoking at www.therealcost.gov

5. Get Tobacco Free for Good

- Remember that cravings will only last a few minutes
- Have hard candy, sugarless gum, or toothpicks on-hand
- Stay active and try a new activity or go hiking or to a movie with friends
- If you “slip” and use tobacco, learn more about your triggers and don’t give up
- Reward your success and use the money you save to treat yourself

