

Resource Guide for Teens and Young Adults to Quit Vaping/Smoking

APPS: quitSTART QUITNOW! Tobacco Free Teens

WEBSITES:

Government Agencies:

https://www.cdc.gov/tobacco/quit_smoking/how_to_quit/resources/index.htm

<https://teen.smokefree.gov/quit-vaping/how-to-quit-vaping>

<https://smokefree.gov/>

<http://makesmokinghistory.org/>

Non-Profit Agencies:

<https://truthinitiative.org/research-resources/quitting-smoking-vaping/quitting-vaping-here-are-5-tips-handling-nicotine>

<https://www.thetruth.com/>

<https://www.becomeanex.org/quitting-e-cigarettes/>

<https://www.lung.org/stop-smoking/helping-teens-quit/>

<https://www.healthychildren.org/English/ages-stages/teen/substance-abuse/Pages/E-cigarettes.aspx>

Non-Profit Agencies Continued:

<https://s3-us-west-2.amazonaws.com/cdn.sudbury.ma.us/wp-content/uploads/sites/297/2020/01/For-young-adults-who-want-to-quit-vaping-FINAL.pdf?version=2f804ce55cbf1ca8e4a4a9ecb33423e1>

WEB for PARENTS:

<http://powertotheparent.org/be-aware/hidden-in-plain-sight/>

<https://s3-us-west-2.amazonaws.com/cdn.sudbury.ma.us/wp-content/uploads/sites/297/2020/01/For-parents-Helping-youth-quit-FINAL.pdf?version=3cfa4ff0adb91f87fb7986da2e35c319>

TEXT:

Smokefeetxt for Teens - [QUIT to iQUIT \(47848\)](#) (3-5 texts daily. Set a quit date, 6-8 wk pgm)

MyLife, MyQuit - [Start My Quit to 855-891-9989](#) (Connect with a personal coach)

This is Quitting - [DITCHJUUL to 88709](#) (1 Text daily for quit support)

PHONE:

National Cancer Inst. [877-44U-Quit \(877-448-7848\)](#) Trained Counselors

Mass State Quit Line [800-Quit-Now \(800-784-8669\)](tel:800-784-8669)

MyLife, MyQuit (Trained coach) [855-891-9989](tel:855-891-9989) 7:00 AM – 1:00 AM

LIVE CHAT ONLINE:

[Livehelp.cancer.gov](https://livehelp.cancer.gov) -National Cancer Inst. Trained Specialists 9 – 9 Mon – Fri

[Teen.smokefree.gov](https://teen.smokefree.gov) – Chat, call, App for quitting all tobacco products

[Mylifemyquit.com](https://mylifemyquit.com) – Just for Teens and Tweens