



# Teens/Young Adults: Do You Want to Quit Smoking/Vaping? Here Are Some Resources!

RESOURCE	DESCRIPTION	WEBSITE/TEXT LINE
	<p style="text-align: center;"><b>Live Vape Free – Youth Vaping Program</b></p> <p style="text-align: center;">Youth will enroll through a text option <b>VAPEFREENC</b>. Youth may also text <b>“Coach”</b> for immediate access to coach.</p>	<p style="text-align: center;"><a href="https://myquitforlife.com/mve/?client=LVFNC&amp;clientId=11501525">https://myquitforlife.com/mve/?client=LVFNC&amp;clientId=11501525</a></p> <p style="text-align: center;"><b>Text VAPEFREENC to 873373</b> Ages 13-17</p>
	<p style="text-align: center;">From the Rescue Agency, <i>Quit the Hit</i> is a cessation support group that educates young people about how to quit vaping through group chats on Instagram. <i>Quit the Hit</i> provides 30 days of online quit support in groups of 10-15 participants with active moderation by a cessation coach.</p>	<p style="text-align: center;"><a href="https://quitthehitnow.com/">https://quitthehitnow.com/</a></p> <p style="text-align: center;"><b>@quitthehit on Instagram</b></p>
	<p style="text-align: center;">The American Lung Association’s has launched <b>NOT for Me</b>, a self-guided, mobile-friendly web-based program that gives teens the resources to quit vaping, smoking, or chewing tobacco products.</p>	<p style="text-align: center;"><a href="https://notforme.org/">https://notforme.org/</a></p>
<p style="text-align: center;"><b>smokefreeTeen</b></p>	<p style="text-align: center;"><b>SmokefreeTeen</b> has a specific program to help teens quit vaping. There is also a <b>SmokefreeTXT</b> program and the <b>quitStart App</b>. This program lasts 6-8 weeks.</p>	<p style="text-align: center;"><a href="https://teen.smokefree.gov/">https://teen.smokefree.gov/</a></p> <p style="text-align: center;"><b>text QUIT to 47848</b></p>

	<p><b>This is Quitting</b> is the Truth Initiative's e-cigarette text-based quitting program. Teens join by texting "<b>DITCHVAPE</b>" to <b>88709</b>. Parents and other adults looking to help young people quit should text "<b>QUIT</b>" to <b>(202) 899-7550</b></p>	<p><a href="https://truthinitiative.org/thisisquitting">https://truthinitiative.org/thisisquitting</a></p> <p><b>Text "DITCHVAPE" to 88709</b></p> <p>Parents can text <b>QUIT</b> to <b>(202) 899-7550</b> to sign up to receive text messages designed specifically for parents of vapers.</p>
	<p><b>QuitlineNC</b> provides free cessation services to any North Carolina resident who needs help quitting tobacco use, including vaping. WebCoach is available 24 hours a day online. Specially trained coaches work with adolescents.</p>	<p><a href="https://www.quitlinenc.com">https://www.quitlinenc.com</a>  <a href="https://myquitforlife.com/mve/?client=LVFNC&amp;clientId=11501525">https://myquitforlife.com/mve/?client=LVFNC&amp;clientId=11501525</a></p> <p>Telephone Service is available 24/7 toll-free at</p> <p><b>1-800-QUIT-NOW (1-800-784-8669)</b>  <b>Dejelo-Ya (1-855-335-3569)</b>  <b>Text "Ready" to 200-400</b>  <b>Ages 18 and up</b></p>

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