

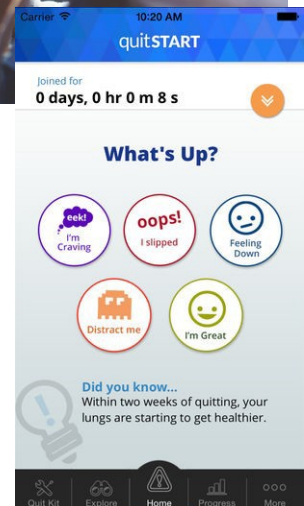
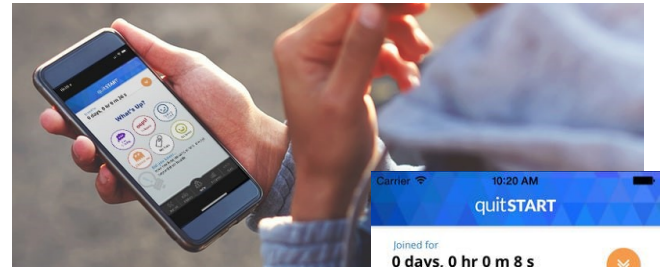


QUIT VAPING

Resources and tools available to help teens quit vaping/smoking

YOUTH & TEENS

- ⇒ **MyLifeMyQuit:** mylifemyquit.com or 1.855.891.9989
Individuals age 13 to 17 register online or Text "Start My Quit" to 36072
- ⇒ **QuitNow NH:** quitnownh.org or 1.800.QUIT.NOW (1.800.784.8669)
Individuals age 18 and older can call the quit line and speak with a quit coach (FREE nicotine patches, gum or lozenges available to eligible New Hampshire residents)
- ⇒ **Truth Initiative:** truthinitiative.org
This is Quitting: Free quit-vaping Smartphone app specifically for teens and young adults who can join for free by texting DITCHVAPE to 88709
- ⇒ **SmokefreeTEEN:** <https://smokefree.gov>
Individuals in U.S. age 13-19 who want to be smoke free
- ⇒ **SmokefreeTXT for Teens:** <https://teen.smokefree.gov/become-smokefree/smokefreeteen-signup>
Text: QUIT to 47848 or download the quitSTART app



PARENTS & ADULTS

- ⇒ Ask your child's pediatrician for help
- ⇒ **BecomeAnEX**[®]: www.becomeanex.org
Free tools, resources, and support to be tobacco free
- ⇒ **Smokefree:** <https://smokefree.gov/help-others-quit>
Tips and tools to help a loved one quit
- ⇒ **QuitNowNH:** <https://quitnownh.org> or 1.800.QUIT.NOW (800.784.8669) Find resources to quit tobacco or 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
- ⇒ **MyLifeMyQuit** https://nh.mylifemyquit.org/Resource_pages/resources-healthcare
Resources to share with patients age 13 to 17



Breathe New Hampshire

Visit breathenh.org/lung-health/e-cigarettesvaping to learn more.

Vaping Unveiled[™] - Bring this free program to a school or organization in your community to educate youth, parents, and adults about the dangers of youth nicotine addiction through vaping, e-cigarettes and other devices.