

# QUIT VAPING

Resources and tools available to help teens quit vaping.

## YOUTH & TEENS

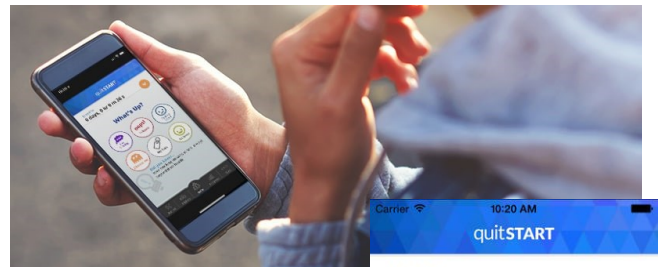
- ⇒ **Truth Initiative:** <https://www.thetruth.com/articles/hot-topic/quit-vaping>  
This is Quitting: Free quit-vaping, quit-smoking mobile program specifically for teens and young adults.  
Text: "QUIT" to 706.222.QUIT (706.222.7848)
- ⇒ **SmokefreeTEEN:** <https://teen.smokefree.gov/>  
Young adults (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<sup>®</sup>:** <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.