



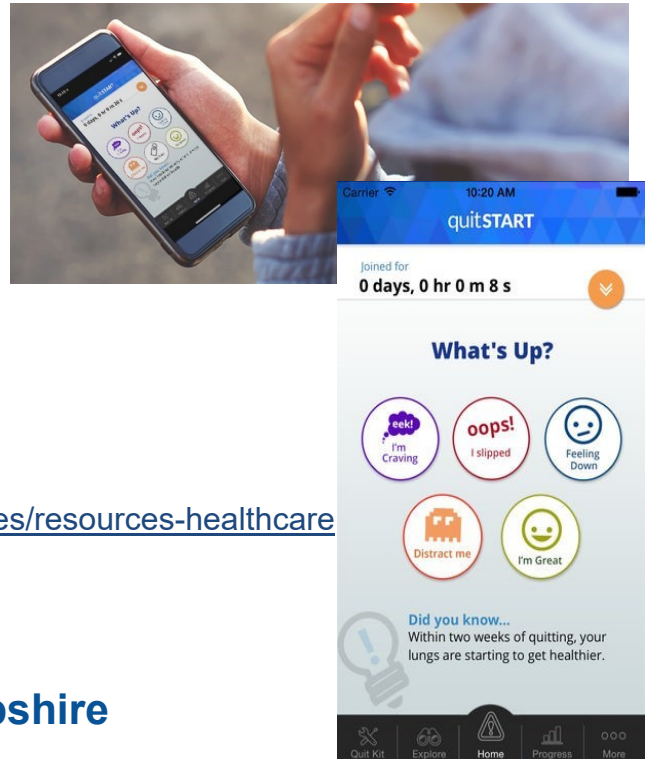
QUIT SMOKING/VAPING



Resources and tools available to help young adults and adults quit

YOUNG ADULTS & ADULTS

- ⇒ **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:** www.truthinitiative.org
This is Quitting: Free quit-vaping, quit-smoking mobile program specifically for teens and young adults. Teens and young adults can join for free by texting DITCHVAPE to 88709
- ⇒ **BecomeAnEX: (Truth Initiative)** www.becomeanex.org
Free tools, resources, and support to be tobacco free
- ⇒ **Smokefree.gov:** smokefree.gov
to help you or someone you care about quit smoking



PROVIDERS

- ⇒ **QuitWorks-NH:** 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/resources/quit-smoking to learn more about quitting smoking and vaping

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

Vaping Unveiled™ Learn more about bringing 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.