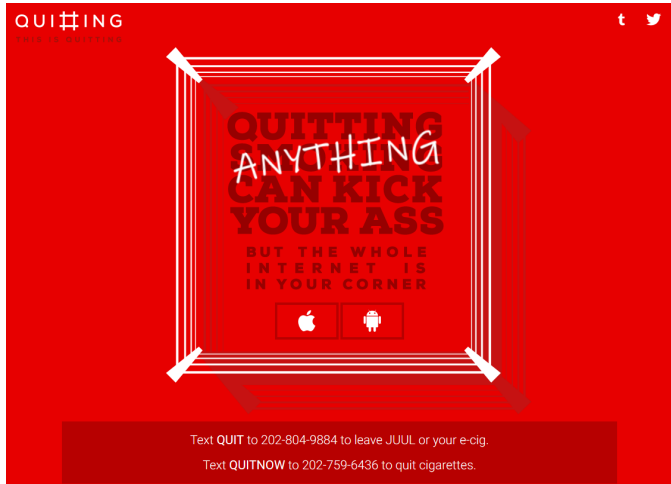


Vaping Cessation Resources

Here are three of many treatment options available for teens. We offer these with the understanding that all choices are for the teen and family to make together. When making choices about treatment options please consider consulting your pediatrician.



From truthinitiative.org

This is Quitting powered by **truth®** is a texting program for young people who want to quit vaping. It is a free, confidential 30-day program during which youth receive texts with information, tips, and support. They receive daily text messages to help them prepare to quit and supportive texts from young people who have been through the program. They can also, text "CRAVE," "SLIP," or "STRESS" at any time for support, or "MASSINFO" for information specific to Massachusetts. Youth can sign up even if they aren't ready to quit – the texts they receive will give them things to think about when making that decision. To enroll in the program, youth text "VapeFreeMass" to 88709. Download the ThisIsQuitting app (TiQ) for access to tips and tools. www.thisisquitting.com



MA Youth and Young Adults

E-Cigarette Quit Program:

Text "VapeFreeMass" to 88709



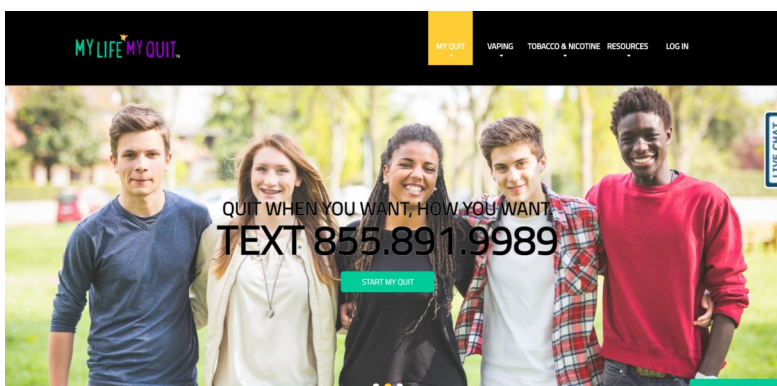
Adults looking to help youth quit:

Text "QUIT" to (202) 899-7550



The **This is Quitting** program also serves as a resource for parents/guardians looking to help their children who vape. Parents and other adults can also text "QUIT" to 202-899-7550 to sign up to receive text messages designed specifically for parents of vapers.

Note: **This is Quitting** powered by **truth®** is a national program. The Massachusetts Department of Public Health, in collaboration with the University of Massachusetts Medical School Center for Tobacco Treatment Research & Training, has partnered with **truth®** to offer messaging and information specific to Massachusetts youth.



My Life, My Quit™, a program of the National Jewish Health, the vendor for the Massachusetts Smokers' Helpline, is a specially designed program to help young people quit vaping or other tobacco products. **My Life, My Quit™** provides five free and confidential coaching sessions by phone, live texting, or chat with a youth coach specialist. Text "Start My Quit" to 855-891-9989 or call toll-free 1-855-891-9989 for real-time coaching. Youth can also visit mylifemyquit.com to sign up online, chat with a live coach, get information about vaping and tobacco, and activities to help them quit.

smokefreeteen
Today is a great day to quit.

BECOME SMOKEFREE THE RISKS OF TOBACCO TOBACCO TRIGGERS

Tools & Tips

SmokefreeTXT quitSTART App Speak to an Expert DipfreeTXT SmokefreeUS on Instagram

www.teen.smokefree.gov



The free smartphone app **quitSTART** is designed for teens who want to stop vaping or smoking. The app tracks your progress and offers tips and tools to stay smoke free.

smokefreeteen

Download quitSTART

quitSTART is a free smartphone app for teens who want to quit smoking. This app takes the information you provide about your smoking history and gives you tailored tips, inspiration, and challenges to help you become smokefree and live a healthier life.

quitSTART App on Google play Available on the App Store

quitSTART Helps You

- Get ready to quit with tips and information to prepare you for becoming smokefree.
- Monitor your progress and earn badges for smokefree milestones and other achievements.smokefree milestones and other achievements.
- Get back on track if you slip and smoke.
- Manage cravings and bad moods in healthy ways.
- Distract yourself from cravings with games and challenges.
- Store helpful tips, inspirations, and challenges in your Quit Kit.
- Share your progress and favorite tips through social media.

Additional Substance Use Resources

The Massachusetts Substance Use **HELPLINE**

800.327.5050

SEARCH FOR TREATMENT HELP SOMEONE LEARN MORE ABOUT LOGIN

HOPE IS HERE.

GET HELP

800.327.5050

Why the Helpline

The Helpline is the only statewide, public resource for finding substance use treatment and recovery services. Helpline services are free and confidential. Our caring, trained Specialists will help you understand the treatment system and your options.

BSAS

CALL US 800.327.5050
M-F 8a-10p • WKND 8a-6p

helplinema.org The Helpline is the only statewide, public resource for finding substance use treatment and recovery services. Helpline services are free and confidential. Caring, trained Specialists will help you understand the treatment system and your options.

Thank you to Ashley Hall, MS, Program Manager for the Northeast Tobacco-Free Community Partnership, for her assistance in compiling these cessation resources.