

FREE QUITTING RESOURCES FOR TEENS



Freedom from Vaping!

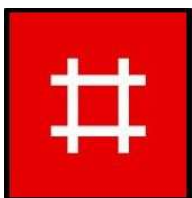
You Have Options!

Do you know someone or are you that person who wants to quit **JUULing, vaping, or smoking?**
These are the resources for you!



This is Quitting

Text QUIT to 202-804-9884 to leave JUUL or your e-cig forever through story sharing, text support, & training tools, phone app available



SmokeFree TXT for Teens

6-8 week program for young adults (13-19 years old), receive 3-5 messages per day

SmokefreeTXT

QuitStart Mobile App


QuitStart takes your vaping history and gives you tailored tips, inspiration, and challenges to help you become smoke free



WI Tobacco Quit Line

Telephone coaching available for Wisconsin e-cig users who want to quit, eligible for users ages 13 years or older

WISCONSIN TOBACCO
QuitLine
800-QUIT-NOW

 715-261-1931

 <http://centralwitobaccofree.org>

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