



Community in Crisis

RESOURCES FOR QUITTING VAPING

This is Quitting Text Support for Youth: Text DITCHJUUL to 88709

Daily texts to keep you moving in the right direction, based on evidence-based research and created by The Truth Initiative and the Mayo Clinic. Receive daily texts that provide encouragement, ways to handle cravings, and supportive messages from successful quitters. It's completely free and available 24-7 to help with cravings, stress and slips, plus regularly scheduled messages and reminders that are designed to help you quit. Not quite sure you're ready? You can still text the number. They've got messages to help build your confidence and practice quitting if you're not 100% there yet.

This is Quitting Text Support for Parents to Help Their Kids: Text QUIT to 202-899-7550

WEBSITES:

www.BecomeanEX.org Truth Initiative partnered with the Mayo Clinic Nicotine Dependence Center to launch BecomeAnEX in 2008 as a free digital resource to help tobacco users quit. The language is focused on smokers, but the tools needed to fight nicotine addiction are very similar for cigarettes and vaping. This resource includes an active **social community, text and email messaging support, expert guidance and interactive quitting tools**. Work on things at your own pace. Parents can also register to get help with supporting a family member who is quitting.

www.Smokefree.gov and www.Teen.smokefree.gov from the National Cancer Institute also provides comprehensive cessation tools, including chats with an expert. These resources are similar to the Truth Initiative programs described above.

<http://www.Drugfree.org> The Partnership for Drug Free Kids provides support and guidance for families & parents struggling with their child's substance use and addiction; "Where families find answers."