

Comprehensive List of Vaping Quit Resources

TEXT LINES:

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 slips, and supportive messages from successful quitters.

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.

Text QUIT to 47848

From teen.smokefree.gov similar information, with 3-5 messages per day

WEBSITES:

www.BecomeanEX.org

Developed by the Truth Initiative and Mayo Clinic, it offers in-depth cessation support for smokers, with some content specific to e-cigarettes. E-cig users can learn about nicotine addiction, create a quit plan, explore their triggers and how to handle them. It offers an online community with shared experiences if you want to chat or ask a question. Language is geared towards smokers but applies equally to vaping. Techniques are evidence-based and proven to help cessation.

Smokefree.gov and Teen.smokefree.gov

From the National Cancer Institute, it also provides comprehensive cessation tools, including chats with an expert. These resources are similar to the Truth Initiative programs described above.

APPS TO DOWNLOAD



quitSTART



QuitGuide

TOLL-FREE PHONE LINES:

1-800-QUITNOW

Help line from Smokefree.gov

1-866-NJSTOPS (1-866-657-8677)

New Jersey help line from www.njquitline.org

FOR PARENTS AND OTHER ADULTS LOOKING TO HELP YOUTH QUIT

Drugfree.org

<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"

This is Quitting for Parents

Parents can also text QUIT to 202-899-7550 for tips on how to help their teen quit.

For youth possibly needing intervention by a medical professional, please see the Boston Children's Hospital guidelines for providing cessation help for adolescent patients.

[Click here for more information.](#)