



## Comprehensive List of Vaping Quit Resources

Some resources use smoking lingo instead of vaping terms, but the tools you need to quit vaping are the same. In terms of nicotine, vaping one Juul pod is about equal to smoking 20 cigarettes.

### 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](http://Teen.Smokefree.gov) similar information, with 3-5 messages per day

### WEBSITES:

[www.BecomeanEX.org](http://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](http://Smokefree.gov) and [Teen.Smokefree.gov](http://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.

### SUPPORT GROUP

Nicotine-Anonymous (Nic-A) holds in-person and virtual meetings, with vaping-specific phone meetings on Wednesdays at 6:00pm (712) 770-5398, Code 207490# Check the website for the latest schedule [Nicotine-anonymous.org](http://Nicotine-anonymous.org)

## APPS TO DOWNLOAD



quitSTART



QuitGuide

## TOLL-FREE PHONE LINES:

### 1-800-QUITNOW

Help line from [Smokefree.gov](http://Smokefree.gov)

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

New Jersey help line from [www.njquitline.org](http://www.njquitline.org)

## IN-PERSON CESSATION SUPPORT

Quit Center at RWJ University Hospital Somerset [RWJ Quit Center](#)

Certified Tobacco Treatment Specialists (CTTS) are available to help you establish a realistic quit date using multiple pathways. Evidence based treatment is provided using individual and/or group sessions.

## 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.

### Nicotine Replacement Therapy Guidelines for Teens

For youth possibly needing intervention by a medical professional, [click here](#) for the Boston Children's Hospital guidelines, which can be shared with your pediatrician, for providing cessation help for adolescent patients.