

Quit Resources for Those Who Vape or Smoke

We reviewed MANY options for quit resources so you can choose from some of the best. They provide evidence-based tools and tips, proven to help people quit. Generally, the more tools you combine, the more successful you are likely to be! There are many apps and websites out there. If the ones we suggest don't speak to you, try another. **Whatever you do, don't quit quitting!**

Am I nicotine dependent? A quick check-in:

If you use 21 cigarettes or 1/2 a Juul pod or ½ a Puff Bar or 21mg of nicotine or more a day and you smoke/vape within 30 minutes of waking up, you may be moderately to highly nicotine dependent.

You may need help dealing with intense withdrawal symptoms and cravings while making this change in your life. Group or individual counseling could make a big difference in your efforts to quit. Nicotine Replacement Therapy (NRT) is also something to consider. **Boost-my-quit:** combining counseling/coaching with NRT may significantly increase your chances of success and is the gold standard recommended for adult smokers.

Starred resources are our top recommendations for teens who Juul/vape/use Puff Bars:

1. **TEXT SUPPORT** Daily texts to keep you moving in the right direction. Anonymous and free.

★ Text **DITCHJUUL** to 88709

- Language specific for teens who vape
- Encouragement, tips 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.
- Created by The Truth Initiative and the Mayo Clinic

OR

Text **QUIT** to 47848

- From Teen.Smokefree.gov, similar to above, with 3-5 messages per day, smoking language.
- Or visit Smokefree.gov to find text support options for smokefree women, smokefree vets, smokefree 60+ and smokefree espanol.

2. **WEBSITE** Spend 30 mins learning what it takes to be a successful quitter. The more you know, the better your quit will go.

★ Teen.Smokefree.gov There is a specific section on the smokefree.gov website for teens who vape. E-cig users or smokers will learn about nicotine and

addiction, create a quit plan, explore their triggers and make plans to handle them. Comprehensive cessation tools include free/ anonymous chats with an expert, links to the QuitStart App, Instagram inspirations and daily text support. National Cancer Institute.

OR

www.BecomeanEX.org Primarily for smokers, with some content specific for people who vape. Similar to smokefree website above but with an online community to share experiences, chat or ask a question. Language is geared towards smokers but principles apply equally to vaping. Truth Initiative and The Mayo Clinic

3. **APP** Select interactive tools, challenges and inspirations to guide you through the process. Customize your Quit Kit. Uses smoking language but can still help those who vape with their quit. Anonymous and free.



quitSTART

OR



QuitGuide

Need a little more help? Combining counseling with medication has been proven to significantly increase the chances of quitting for smokers and may also help e-cig users. Counseling can be group or individual and is offered virtually now. Medications sound scary, but most just replace a dangerous form of nicotine with a much safer form that is easy to control and taper. Smokers who try to quit on their own have a success rate of 7%, we can do so much better with support.

4. **Group or Individual Counseling- really increases the chances of a successful quit**

★ Quit Center at RWJ Barnabas Health [RWJ Quit Center](http://www.rwj.com/quitcenter) 833-795-7848 Free Nicotine and Tobacco Recovery Program

- 8 weekly sessions: structured counseling programs, virtual (for now) individual or group counseling.
- This should get you through the toughest weeks of your quit journey.
- First meeting is an individual assessment, a great place to start if you're not sure what help you need.
- Available to all ages
- Counselors work with you to determine if medications would also be helpful, appropriate dosing and how best to taper. Free NRT for those 18 and over.
- Lead by Certified Tobacco Treatment Specialists (CTTS)

5. Nicotine Replacement Therapy (NRT) and Other Meds

There are 7 FDA approved medications proven to help adult smokers quit. You do not have to suffer through withdrawal symptoms and white-knuckle it through intense cravings. Long-acting NRT (like the patch) can smooth out the roughness of withdrawal symptoms. Short-acting NRT (like the gum) can be used to help handle cravings that break through. **Success is, you guessed it, increased by combining these two types of NRT.**

Under 18? You will need to work with your parents and a doctor to approve NRT, since it is only FDA approved for people 18 and over. Some teens may need help handling withdrawal symptoms while they work to make changes in their daily routines.

- **Boston Children’s Hospital Treatment Tips for Teens: Share these guidelines with your doctor, since some may not be familiar with NRT for teens - [click here](#)** or go to communityincrisis.org/programs/vaping-quit-resources/
- Consult first with a RWJ Barnabas Health Quit counselor for guidance on what meds (if any) are recommended. They can recommend starting doses and when to taper down.

6. 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

7. **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

8. 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.

How much nicotine do I inhale every day?

For some of these tools, and for nicotine replacement therapy (NRT), it helps to know roughly how much nicotine you take in on an average day. Some ask for this amount in terms of cigarettes per day. It is tricky to know exactly how much nicotine you take in with e-cigarettes/vapes but here are some estimates to get you in the ballpark. *

- 1 Juul pod (5.0%) equals roughly 40 cigarettes or 40 mg of nicotine
- 1 Juul pod (3.0%) equals roughly 23 cigarettes or 23 mg of nicotine
- 1 Puff Bar equals roughly 50 cigarettes or 50 mg of nicotine
- 1 Sourin pod equals roughly 90 cigarettes or 90mg of nicotine

For other products, look at the label for nicotine concentrations and snap a picture for your doctor.

Although the average cigarette contains 10-12 mg of nicotine, a smoker generally inhales only about 1mg. In contrast, Juul states that roughly 80% of the nicotine in their product is inhaled.

*Source: Dr. Bonnie Halpern-Felsher, PhD. Pediatrics. Adolescent Medicine and Health Research and Policy. 2/22/21 Presentation to the NJ Chapter of the American Academy of Pediatrics re *Stanford Tobacco Prevention Toolkit*.