

WANT SOME HELP TO QUIT VAPING OR USING TOBACCO?

EXPLORE THESE
RESOURCES



WEBSITES

Ohio's "MyLifeMyQuit"

<https://oh.mylifemyquit.org/index>

National Cancer Institute's
SmokeFree Teen Initiative

<https://teen.smokefree.gov/>

American Lung
Association's "NOT for Me"
self-guided youth tobacco
cessation online program

<https://notforme.org/>

TEXT LINES

Truth Initiative's
"This is Quitting" Program

Text DITCHVAPE to 88709

National Cancer Institute's
"SmokefreeTXT for Teens"
Quit Smoking Text Line

Text QUIT to 47848

SUPPORT LINES

"MyLifeMyQuit" Quit Line

Call 1-855-891-9989

American Lung
Association's Help Line and
Tobacco Quit Line

Call 1-800-LUNGUSA

SMARTPHONE APP

National Cancer Institute's "The quitSTART" is a
free smartphone app that helps you quit smoking

<https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/quitstart-app/index.html>

THE MORE SUPPORT YOU HAVE, THE
BETTER YOUR CHANCES OF SUCCESS!

-MY LIFE MY QUIT