



# Tobacco Cessation Resources

## Teen Programs



### **Not On Tobacco®**

Not On Tobacco® is the American Lung Association's voluntary tobacco/vaping cessation program for teens ages 14 – 19. Over the 10-session program, you will identify your reasons for using tobacco, including e-cigarettes, healthy alternatives to tobacco use and people who will support you in your efforts to quit. Visit [Lung.org](http://Lung.org), call 1-800-LUNGUSA or email [NOT@Lung.org](mailto:NOT@Lung.org) to learn more.

### **Smokefree Teen**

Run by the National Cancer Institute to help teens understand the decisions they make - especially the decision to quit smoking - "Smokefree Teen" addresses how those decisions fit into your life. Visit [Teen.Smokefree.gov](http://Teen.Smokefree.gov) to learn more or sign-up for this free program.

### **Smokefree TXT**

A mobile text messaging program that provides 24/7 tips, advice and encouragement, sign-up for SmokefreeTXT, by texting QUIT to (47848). This free program is designed and run by the National Cancer Institute.

### **1-800-QUIT-NOW**

The quitline is a free service that offers one-on-one immediate support. It is staffed by quit smoking coaches who can provide you with helpful information, advice and support as they walk you through a step-by-step plan to quit. To sign up or for more information, call 1-800-QUIT-NOW (1-800-784-8669).

### **QuitSTART App**

This free app takes the information you provide about your smoking history and gives you tailored tips, inspiration and challenges to help teens become smokefree and live a healthier life. Download on iTunes and Android or visit [Teen.Smokefree.gov](http://Teen.Smokefree.gov). This program is designed and run by the National Cancer Institute.

### **Truth Initiative E-Cigarette Quit Program**

To access the new e-cigarette quit program, you can text "DITCHJUUL" to 88709. You can also enroll in This is Quitting or BecomeAnEX®, free digital quit programs from Truth Initiative that integrate the text program. For more information on the text-based e-cigarette quit program from Truth Initiative, visit [truthinitiative.org/quitecigarettes](http://truthinitiative.org/quitecigarettes) or text "QUIT" to (202) 804-9884.

### **Lung HelpLine**

Call 800-LUNG-USA to receive guidance and support or referral to additional resources.