

FREE QUITTING RESOURCES FOR TEENS



Freedom from Vaping!

Do you know someone or are you that person who wants to quit Juuling, vaping, or smoking?
These are FREE resources for you!

You Have Options!

- Maryland Department of Health web page for vaping prevention resources: <https://phpa.health.maryland.gov/ohpetup/Pages/VapeHelp.aspx>
- Truth Initiative has information for parents/adults looking to help young people quit vaping/smoking. Text "QUIT" to (202)899-7550
- *My Life My Quit* smoke free text program for teens
Text "Start My Quit" to 855-891.9989

This is Quitting

Text QUIT to 88709 to leave JUUL or your e-cig forever through story sharing, text support, & training tools, phone app available

Truth Initiative.org

SmokeFreeTXT for Teens

6-8 week program for young adults (13-17 years old). Receive 3-5 messages per day
Text "QUIT" to 47848

smokefreeTXT

QuitStart Mobile App

QuitStart takes your vaping history and gives you tailored tips, inspiration, and challenges to help you become smoke free.



MD Tobacco Quit Line for Teens

Telephone coaches available 24/7
ages 13-17
1-800-QUIT-NOW
(800-784-8669)
or
Text "READY" to 200-400

Maryland's
1-800  QUIT NOW
SmokingStopsHere.com

Maryland Cigarette Restitution Fund



410-535-5400



www.calverthealth.org



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