

FREE QUITTING RESOURCES FOR TEENS



Freedom from Vaping!

You Have Options!

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

This is Quitting

Text Quit to
202-804-9884 to leave
JUUL or your e-cig
forever through story
sharing, text support, &
training tools, phone
app available



SmokeFree TXT for Teens

6-8 week program for
young adults (13-19
years old), receive 3-5
messages per day



quitSTART Mobile App

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



WI Tobacco Quit Line

Telephone coaching
available for Wisconsin
e-cig users who want to
quit, eligible for users
ages 13 years or older



phone



[webiste URL](#)



[name@email.com](#)