



February 2023

YOUTH QUIT RESOURCES

Get help with vaping & tobacco use in RI

MY LIFE MY QUIT

MY LIFE MY QUIT™

Quit when you want, how you want. My Life, My Quit™ is a free and confidential way for teens ages 13-18, to quit smoking or vaping. Receive real-time coaching support by text, web chat, or phone. It's your life, your quit.



Text "Start" to 36072



MyLifeMyQuit.com



855-891-9989



THIS IS QUITTING

Quitting vaping isn't easy. But you're not in it alone. Help and support for teens ages 13-24 is just a text away. Free. Confidential. Available 24/7. Receive tips, tricks, inspiration, and motivation from other young people who have attempted to, or successfully quit – no matter the time of day.



Text "DITCHVAPE" to 88709



ThisIsQuitting.com

Rhode Island Nicotine Helpline and My Life, My Quit™ are sponsored by the Rhode Island Department of Health. For those 18+, visit ri.quitlogix.org or call the Rhode Island Nicotine Helpline at 1-800-784-8669, for free, safe, and effective quit support by phone, text, and online chat. Free nicotine replacement therapy (NRT) - gum, patches, or lozenges - may also be available to those medically eligible.

For additional support, contact your pediatrician or in-school Student Assistance Counselor



[http://](http://tobaccofree-ri.org)

FOR ADDITIONAL RESOURCES VISIT:

tobaccofree-ri.org



TOBACCO
FREE
RHODE
ISLAND

ONLINE, WEB-BASED & IN-PERSON:

smokefreeteen

SMOKE FREE TEENS – by smokefree.com

Web-based program with tips and tools to help teens ages 13-17 quit. Includes free and anonymous quit smoking text option (Smokefree TXT for Teens), a live chat option (LiveHelp), a phone chat option (1-800-Quit -Now), También en Español, a quit smoking app (QuitSTART), an Instagram program, and a personalized quit vaping plan.



Text "QUIT" to 47848



teen.smokefree.gov



877-44U-QUIT



becomeanex.org

BECOME AN EX – by the Truth Initiative & Mayo Clinic

Online program that personalizes the quitting experience for each participant including a customized quit plan. Text message support. Interactive online tools. También en Español. All ages welcomed.



NotForMe.org



1-800-LUNGUSA

NOT FOR ME STOP VAPING APP – by the American Lung Association

Self-guided, mobile-friendly online program that utilizes the Not On Tobacco program to help teens break nicotine dependency, whether they vape, smoke or use other tobacco products.



Nicotine
Anonymous



nicotine-anonymous.org

NICOTINE ANONYMOUS

Peer-based 12-step program helping each other live nicotine-free lives. NicA welcomes ALL those seeking freedom from nicotine addiction, including those using other resources. Join a meeting online or by phone.



The Wave Clinic



lifespan.org



401-432-1119

THE WAVE CLINIC – at Bradley Hospital

Outpatient clinic providing care to teens ages 13-18 and their families who struggle with both mental health and substance use issues. Individual, group, and family therapy.