



Cessation Programs (For Youth Who Want to Quit)		
Resource	Program Description	Website
	<p>SmokefreeTeen has a specific program to help teens quit vaping.</p> <p>There is also a SmokefreeTXT program and the quitStart App.</p> <p>All these resources are provided by National Cancer Institute as part of the Smokefree.gov series</p>	<p>Quit Vaping Smokefree Teen</p> <p>SmokefreeTXT for Teens Smokefree Teen</p> <p>SmokefreeTXT for Teens Smokefree Teen</p>
	<p>This is Quitting is the Truth Initiative’s e-cigarette text- based quitting program. Teens join by texting "DITCHVAPE" to 88709. Parents and other adults offering to help young people quit should text "QUIT" to (202) 899-7550.</p>	<p>This is Quitting (truthinitiative.org)</p>
	<p>The American Lung Association has launched NOT for Me, a self-guided, mobile-friendly, web-based program that gives teens the resources to quit vaping, smoking, or chewing tobacco products.</p>	<p>NOT for Me</p>
	<p>QuitlineNC provides free cessation services to any North Carolina resident who needs help quitting tobacco use, including vaping. Please call 24/7 toll-free at 1-800-QUIT-NOW (1-800-784-8669) Spanish speakers should call: Dejel-Ya (1-855-335-3569).</p> <p>Live Vape Free – Youth Vaping Program – Allows youth ages 13-17 to enroll through a text option VAPEFREENC. Youth may also text "Coach" for immediate access to a representative, trained coaches who work with adolescents.</p>	<p>https://www.quitlinenc.com/</p> <p>Text "Ready" to 200-400 Ages 18 and up</p> <p>Health Portal (myquitforlife.com)</p> <p>Text VAPEFREENC to 873373 Ages 13-17</p>