

QUIT Nicotine/Tobacco Resources for Teens



Quitting is different for everyone.

Investigate various tools until you find the ones that help you succeed.

Quit phone apps, interactive live chats, and phone talk lines are some different ways to seek support.

There are many resources evolving to support nicotine cessation.

These organizations offer text support along with a wide variety of other credible resources. Please visit these websites to find the truth about nicotine, vaping, and other tobacco products.

My Life My Quit

Free help – just for teens in Massachusetts!

www.ma.mylifemyquit.org

Smoke-free Teen

Tools and tips for teens to quit tobacco and nicotine from the National Institute of Health

www.teen.smokefree.gov

The Truth initiative

Information, data, and resources regarding the truth about smoking, vaping, and nicotine

www.truthinitiative.org

Take the first step to a nicotine-free life.

Visit www.mass.gov/take-the-first-step-toward-a-nicotine-free-life

or call **1-800-QUIT-NOW** (1-800-784-8669)

Join the Massachusetts movement against tobacco use that involves youth in helping prevent and stop tobacco use. The 84 represents the 84% of Massachusetts youth who did NOT smoke when the movement began. Now, 93.4% of youth do NOT smoke. www.the84.org

United for Safe, Healthy, and Drug-free Communities

[Hampden-Wilbraham Partners for Youth](http://www.hwp4y.org)



@ HWP4Y

[WWW.HYP4Y.ORG](http://www.HYP4Y.ORG)