

## Learning

- **Room2Breathe:**
  - Harms education
  - Financial cost education
  - Environmental impact
- **TheTruth:**
  - Education
  - Free cessation resources.
- **The Real Cost:**
  - Harms education
  - Mental health education
  - Creating a quit plan
- **Know The Risks:**
  - Audio PSA
  - Risk and trend data
  - Parent conversation tips

## Cessation App

**quitSTART:** A free smartphone app (iOS & Android) that helps with smoking cessation by building cessation skills, having distracting games and providing logs to keep track of triggers.

**We're Here  
to Help**

# QUIT YOUR WAY

## Websites

- **SmokeFreeTeen:** Quit Plan creation tool, access to counselors, and resource links. Free.
- **Quit for Life:** A smoking cessation program with 1-on-1 private coaching and access to nicotine replacement therapy.
- **Hey Norm:** Cheeky advice for how to talk to friends about their vaping usage. Created by the Minnesota Department of Health.

## Chatlines

- **myLifemyQuit:** Provides confidential 1 on 1 support. Text "Start My Quit" to 36072 to begin.
- **This Is Quitting:** Anonymous text messaging service that sends youth evidence-based tips and strategies. Text "DITCHVAPE" to 88709 to begin.