

# Help Youth Quit

Quitting vapes or other tobacco products can be hard. Here are some ways to help young people get the support they need:

## This is Quitting

**This is Quitting** powered by **truth®** is a texting program for young people who want to quit vaping. It is a free, confidential 60-day program during which participants receive texts with information, tips, and support. They receive daily text messages to help them prepare to quit and supportive texts from young people who have been through the program and know what it's like to quit. They can also text "CRAVE," "SLIP," "STRESS," or "MORE" at any time for instant support, or "MASSINFO" for information specific to Massachusetts. Young people can sign up even if they aren't ready to quit – the texts they receive will give them strategies and practice quits to help build confidence and help them feel ready to quit.

To enroll in the program, youth text "VapeFreeMass" to 88709. Youth can also connect with their school nurse, counselor, or coach to help get them started.

Parents and other adults can also text "QUIT" to 202-899-7550 to sign up to receive text messages designed specifically for parents of vapers.

Note: **This is Quitting** powered by **truth®** is a national program. The Massachusetts Department of Public Health, in collaboration with the University of Massachusetts Medical School Center for Tobacco Treatment Research & Training, has partnered with **truth®** to offer messaging and information specific to Massachusetts youth. For more information on this resource and other information on youth vaping, visit [GetOutraged.org](http://GetOutraged.org).

## My Life, My Quit™

**My Life, My Quit** is a specially designed program to help young people quit vaping or other tobacco products. **My Life, My Quit** provides five free and confidential coaching sessions by phone, live texting, or chat with a specially-trained youth coach specialists. Youth can text "Start My Quit" to 855-891-9989 or call toll-free 1-855-891-9989 for real-time coaching. They can also visit [mylifemyquit.com](http://mylifemyquit.com) to sign up online, chat with a live coach, get information about vaping and tobacco, and activities to help them quit. The program can send out materials and a certificate at the end of the program.

**My Life, My Quit** is a program of National Jewish Health, the vendor for the Massachusetts Smokers' Helpline. The **My Life, My Quit** program combines best practices for youth tobacco cessation adapted to include vaping and new ways to reach a coach using live text messaging or online chat.

Specially trained youth coach specialists emphasize that the decision to stop is personal, and provide information to help cope with stress, navigate social situations, and support developing a tobacco-free identity.

For more information about **My Life, My Quit** visit [mylifemyquit.com](http://mylifemyquit.com) and click on Parents/Guardians under the Resources tab.

## Other Support

- Visit [teen.smokefree.gov](http://teen.smokefree.gov) for tools and tips.
- Encourage young people to ask their school nurse or counselor, athletic coach, doctor, parent or other trusted adult for help.