



QUIT TOBACCO RESOURCES

YOUTH RESOURCES

ASPIRE

Free online program developed by MD Anderson Cancer Center for middle and high school youth. Content covers quitting all forms of tobacco. There is a school administrator and parent section and can be used as an alternative to suspension. mdanderson.org/about-md-anderson/community-services/aspire.html

Campaign for Tobacco-Free Kids

Site containing fact sheets and advocacy information for adults and youth and information about Kick Butts Day held every March. tobaccofreekids.org

Centers for Disease Control Resources for Youth

Prevention information, quit tips, and resources for quitting including an app and Smokefree Teen website are provided. teen.smokefree.gov

INDEPTH: An Alternative to Teen Nicotine Suspension or Citation N-O-T: Not On Tobacco

INDEPTH is an American Lung Association alternative to suspension program for teens taught by any trained adult in four, 50-minute sessions

covering addiction, alternatives, and next steps. N-O-T is the cessation program recommended after INDEPTH, taught by any trained adult in ten, 50-minute sessions.

lung.org/stop-smoking/helping-teens-quit/indepth.html

Michigan Tobacco QuitLine: 1-800-QUIT-NOW

Available to all ages. No questions about insurance are asked. Parental permission not required. Youth receive four coaching call appointments and materials to help them quit. They may also call as needed during their quit process. Nicotine replacement therapy is not distributed to anyone under 18. michigan.quitlogix.org

My Life, My Quit

My Life, My Quit is an ongoing text based program that offers free and confidential help from a quit coach specially trained to listen to teens, help teens navigate social situations that involve tobacco or vaping, and find healthy ways to cope with stress. My Life, My Quit also offers a certificate of completion that can be given to school administrators as an alternative to suspension. 1-855-891-9989 mylifemyquit.com

National Institute on Drug Abuse for Teens

Fact sheets, games, videos, and infographics designed for teens about smoking and e-cigarettes. teens.drugabuse.gov/drug-facts/tobacco-nicotine-e-cigarettes

Smoking Stinks

This youth quit smoking website contains free downloads, quizzes, and other smoking related information. smokingstinks.org

The Real Cost of Vaping

A Scholastic campaign that includes curriculum and activities for grades 6-12 helping educators fight the teen vaping epidemic. scholastic.com/youthvapingrisks

The Truth

A campaign educating youth about the dangers of tobacco including vaping, media, and tobacco industry awareness, quitting, and offers a text messaging program called This is Quitting to help youth quit. *The Truth-Finish It* – thetruth.com
This is Quitting – thisisquitting.com

QUIT TOBACCO RESOURCES

ADULT RESOURCES

American Cancer Society

Quit tobacco resources
1-248-663-3454 or 1-800-227-2345
cancer.org

American Heart Association

Printed material
1-800-242-8721
americanheart.org

American Indian Commercial Tobacco Quitline

In partnership with the Michigan Tobacco Quitline. American Indian coaches provide services that have been developed by and for American Indians.
1-855-372-0037
keepitsacred.itcmi.org/quitline

American Legacy Foundation

Online assistance and referrals to community programs
becomeanex.org

American Lung Association

Quit smoking classes, printed material, quit tobacco website.
1-800-586-4872
Also offers telephone quit advice.
1-800-548-8252
lungusa.org

Asian Smokers Quitline

Free telephone counseling, self-help materials, and online help in four Asian languages (*Cantonese, Mandarin, Korean and Vietnamese*).

Chinese: 1-800-838-8917
Korean: 1-800-556-5564
Vietnamese: 1-800-778-8440
asiansmokersquitline.org

Centers for Disease Control and Prevention

Free quit tobacco guides, booklets and fact sheets. cdc.gov/tobacco/quit_smoking/how_to_quit offers a complete website dedicated to helping tobacco users quit. Smokefree.gov has special sections for veterans, teens, women, Spanish, and people 60+. Smartphone apps are available at smokefree.gov/smokefreetxt and smokefree.gov/tools-tips/apps.

Michigan Department of Health & Human Services Tobacco Section

Information on secondhand smoke, quitting and much more.
michigan.gov/tobacco

Michigan Tobacco Quitline

Free information, tobacco treatment referral, online program, text-messaging. 24 hours/day at 1-800-QUIT-NOW (1-800-784-8669) or 1-855-DÉJELO-YA (1-855-335-3569). Free counseling and NRT may be available to certain callers. Special programs for prenatal and youth tobacco users. Counseling is also offered in Arabic.
michigan.quitlogix.org (*English*) or michigan.quitlogix.org/es-ES/ (*Español*)

National Cancer Institute

Telephone advice at 1-877-448-7848, M-F, 9 a.m. – 9 p.m. and a quit kit at cancer.gov/cancertopics/tobacco/smoking. Online counselors are available M-F, 9 a.m. – 9 p.m. ET at cancer.gov/help.

Nicotine Anonymous

Face-to-face, telephone and online meetings. You do not need to be tobacco free to attend.
1-877-879-6422
nicotine-anonymous.org

QuitNet

Online quit smoking program including support from a network of former tobacco users.
quitnet.com

U.S. Department of Health and Human Services

Tobacco related “frequently asked questions,” how to cope with challenges when quitting, information on free text messaging and smokefree apps, and much more.
betobaccofree.hhs.gov