

VAPING QUIT RESOURCES FOR TEENS

THIS IS QUITTING

Powered by the truth[®], this is a free and confidential texting program for young people. Text VapeFreeMASS to 88709 to get started.



MY LIFE MY QUIT

In partnership with MA Department of Public Health, youth coach specialists help young people by phone or text. Call or text "Start my Quit" to 855-891-9989 for free and confidential help. Or sign up online at ma.mylifemyquit.com



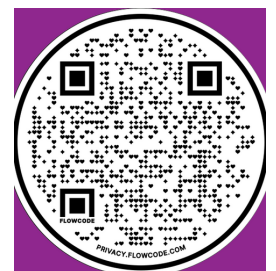
SMOKEFREE TEEN

Smokefree Teen is a National Institute of Health website helps teens plan their quit so that they can follow through. Get more info on their free quit tools at teen.smokefree.gov



N-O-T ON TOBACCO QUIT GROUP AT THE STOUGHTON YMCA

Stoughton teens can participate in this FREE, in-person, multi-session group to support quitting with their peers. This program from the American Lung Association is facilitated by YMCA staff at the Stoughton Y. *Program participants are eligible for a free Old Colony YMCA membership.* Use the QR code to sign up and get more info.



More information and resources related to alcohol and other drugs, mental health and other support can be found at www.stoughtonoasis.org

