



# 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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://thetruth.com)  
*This is Quitting* – [thisisquitting.com](http://thisisquitting.com)

# QUIT TOBACCO RESOURCES

## ADULT RESOURCES

### American Cancer Society

Quit tobacco resources  
1-248-663-3454 or 1-800-227-2345  
[cancer.org](http://cancer.org)

### American Heart Association

Printed material  
1-800-242-8721  
[americanheart.org](http://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](http://keepitsacred.itcmi.org/quitline)

### American Legacy Foundation

Online assistance and referrals to community programs  
[becomeanex.org](http://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](http://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](http://asiansmokersquitline.org)

### Centers for Disease Control and Prevention

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

### Michigan Department of Health & Human Services Tobacco Section

Information on secondhand smoke, quitting and much more.  
[michigan.gov/tobacco](http://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](http://michigan.quitlogix.org) (*English*) or [michigan.quitlogix.org/es-ES/](http://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](http://cancer.gov/cancertopics/tobacco/smoking). Online counselors are available M-F, 9 a.m. – 9 p.m. ET at [cancer.gov/help](http://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](http://nicotine-anonymous.org)

### QuitNet

Online quit smoking program including support from a network of former tobacco users.  
[quitnet.com](http://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](http://betobaccofree.hhs.gov)