

## Help for Youth to Quit Vaping or Smoking

### Text, telephone and/or online support

- **My Life, My Quit** - Get free confidential **help by phone or by text** to quit vapes or other tobacco products. A trained youth coach specialist will help you in real-time. Call or text "Start My Quit" to 855.891.9989. You can also sign up online and **get the facts you need at [MyLifeMyQuit.com](http://MyLifeMyQuit.com)**.
- **MGH Living TOBACCO-FREE**. If you are thinking about quitting vaping or other tobacco products, you can get free information and help over the phone. We're here to talk, answer your questions and help you make a plan to quit when you're ready. All services are **free** and confidential. We can also coordinate with your health care provider. Coaching is available in Spanish and English. Interpreter services for other languages provided. All ages welcome. **Call 781.485.6210**, or for more information visit [www.massgeneral.org/tobaccofree](http://www.massgeneral.org/tobaccofree).
- **This is Quitting** powered by **truth®** is a free and confidential texting program that helps young people who want to quit vaping. Text "VapeFreeMass" to 88709. Also **check out [truthinitiative.org](http://truthinitiative.org)** for more information on tobacco.
- [teen.smokefree.gov](http://teen.smokefree.gov) - On-line information and help to quit tobacco and/or vaping from the National Institutes of Health. **Check it out!**
- **Talk with your parent, doctor, coach or other trusted adult.**

**Need more information? Have questions?** Call MGH Living Tobacco-FREE at 781-485-6210, visit [massgeneral.org/tobaccofree](http://massgeneral.org/tobaccofree) or email [MGHLivingTobaccoFree@partners.org](mailto:MGHLivingTobaccoFree@partners.org)

**KEEP TRYING**

**GET SUPPORT**