



*Champions*  
FOR A  
**DRUG FREE**  
GRANT COUNTY

# Nicotine Cessation Resources for Teens

Text "Start My Quit" to 36072  
Visit [ky.mylifemyquit.org](http://ky.mylifemyquit.org)

*Kentucky's Tobacco Quit Line*  
Visit [quitnowkentucky.org](http://quitnowkentucky.org)  
Call 1-800-QUIT-NOW  
(1-800-784-8669)

## MY LIFE MY QUIT

- Always 100% free & confidential
- Help from a quit coach that you can text or call for support
- Get text messages that give you a boost while you quit

## NIH NATIONAL CANCER INSTITUTE

- For Teens age 13-17 in the United States
- Receive daily text messages to support you in quitting smoking, after confirming your enrollment
- Programs lasts 6-8 weeks

## Smokefree TXT for Teens Text Quit to 47848

## Smokefree Teen Quit Vaping [teen.smokefree.gov/quit-vaping](http://teen.smokefree.gov/quit-vaping)

**quitSTART app** to help you quit with tailored tips, inspirations, and challenges

## This Is Quitting

Text DITCHVAPE to 88709

<https://truthinitiative.org/thisisquitting>



- For teens and young adults age 13 - 24
- Support before and after use determined quit date
- Text keywords (stress, slip, etc.) for instant support

## CATCH<sup>®</sup> MY BREATH

Youth Service Center Coordinators at Grant County Middle & High Schools and guidance counselors at Williamstown Independent Jr. & Sr. High use CATCH My Breath curriculum to provide Smoking Cessation Sessions to students who repeatedly violate the Tobacco, Nicotine, and Other Drugs Policy

The use of  
**Nicotine Replacement Therapy (NRT)**  
has *not* been approved for use by youth under the age of 18

## Nicotine Replacement Therapy (NRT)

The use of products (gums, patches, etc.) that contain low doses of nicotine, without the other harmful chemicals in tobacco, to help lessen nicotine cravings and ease the symptoms of nicotine withdrawal when quitting