



Adult Virginia Resources

Quit Now Virginia

Offers online, telephone, and texting resources that include counseling, support groups, and guidance on Nicotine Replacement Therapy. This is a free program.

Webpage:

<https://quitnowvirginia.org/>

Call:

1-800-QUIT-NOW (1-800-784-8669)

Español:

1-855-DEJELO-YA (1-855-335-3569)

Hearing Impaired:

TTY Line 711

Adult North Carolina Resources

Quitline NC

Focuses on family, pregnant women and offers teens 13-17 online, texting, and telephone services.

Webpage: <https://quitlinenc.dph.ncdhhs.gov/index.html>

Call: 1-800-QUIT-NOW (1-800-784-8669)

Español: 1-855-Déjelo-Ya (1-855-335-3569) o para más información haga clic [aquí](#);

TTY: 1-877-777-6543

American Indian Quitline: **Call 888-7AI-QUIT** (888-724-7848)

Text: "Ready" to 34191

Adult Online Resources

Quit Assist

Offers 24/7 online chat. Get connected with a National Cancer Institute Counselor. Multiple helpful links for starters, teens, moms, and helping a loved one.

Webpage: <https://www.quitassist.com/helpful-resources.htm?src=home>

Smokefree.gov

Offers resources to general public, and specific to veterans, women, teens, Spanish, and age 50+. Has specific programs for those who want to quit, recently quit, and long-term quitting. Tools offered include building a personalized quit plan, texting programs, Apps, social media, and using nicotine replacement therapy. Resources for **vaping**.

Webpage: <https://smokefree.gov/>

Virginia and North Carolina Teen Resources

Offers guidance to parents and services to teens aged 13-17.

Teen Vape Free

<https://www.rallyhealth.com/live-vape-free>

Live Vape Free VA

<https://livevapefreeva.org/>

Texting

Virginia Residents: Text:

VAPEFREEVA to 873373

North Carolina Residents:

VAPEFREENC to 873373

National Teen Resources

This Is Quitting

Truth Initiative. Anonymous text messaging program designed for youth aged 13-24 and support for parents to teens who vape or smoke. It's the first of its kind where youth receive text messages from other youth who have journeyed down the road to quitting.

For Youth Text:

DITCHVAPE to 88709

For Parents Text:

QUIT to 847-278-9715

Connect 5: Caron-digital Learning

Interactive online learning course for teens. Nicotine cessation course consists of five weekly modules that takes about 30-60 minutes and is free!

Webpage: <https://www.caron.org/digital-learning/connect-5-find-the-nicoteen-free-you>

Sign-up Page: <https://caronconnect.com/login/youth>

Resources for Chewing Tobacco

Kill the Can

Online resource for chewing tobacco users.

Webpage:

<https://www.killthecan.org/>

Veteran Resources

Quit VET

Program specific to veterans who receive their care through the VA.

Webpage

<https://www.mentalhealth.va.gov/quit-tobacco/quit-vet.asp>

Call:

1-855-QUIT-VET (1-855-784-8838)

Smokefree VET

Spanish or English program specific to veterans.

English:

<http://smokefree.gov/VET>

Text: **VET to 47848**

Spanish

<https://veterans.smokefree.gov/tools-tips-vet/smokefreevetesp>

Text: **VETesp to 47848**

Smart Phone Apps

QuitNow!

Free app available for iPhone and Android. Content focuses on benefits of quitting. User friendly and easy to navigate.

Smoke Free – Quit Smoking Now

Free app available for iPhone and Android. Provides 24/7 access to expert advisors, quit coaches, and ability to chat with other quitters whenever you need support! Tracks your smoke free time and health benefits based on that time. Rewards with badges and several self-help tools available.

EasyQuit- Stop Smoking

Free app available for iPhone and Android. Quit smoking slowly mode which tailors to a slower pace quitter! Focuses on health benefits, money saved, goal achievements, helpful tips, and ways to beat an urge.

QuitGuide

Free app only available for Apple. Helps you track cravings and slips by times of day and location. Good for tracking triggers, mood, and providing tips for dealing with cravings. Has journal entry and tracking your progress options.

