

FREE QUITTING RESOURCES FOR TEENS



Freedom from Vaping!

You Have Options!

Do you know someone or are you that person who
wants to quit **JUULing**, **vaping**, or **smoking**?
These are the resources for you!

This is Quitting

Text QUIT to
202-804-9884 to leave
JUUL or your e-cig forever
through story sharing, text
support, & training tools,
phone app available



SmokeFree TXT for Teens

6-8 week program
for young adults
(13-19 years old),
receive 3-5 messages
per day

SmokefreeTXT

QuitStart Mobile App

QuitStart takes your
vaping history and gives
you tailored tips,
inspiration, and
challenges to help you
become smoke free



WI Tobacco Quit Line

Telephone coaching
available for Wisconsin
e-cig users who want to
quit, eligible for users
ages 13 years
or older

WISCONSIN TOBACCO
QuitLine
800-QUIT-NOW



608-847-9403



South Central Wisconsin
Tobacco Free Coalition



tnoye@co.juneau.wi.us