

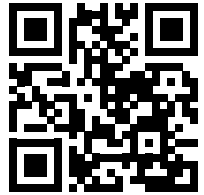
Youth Tobacco CESSATION RESOURCES



QUIT THE HIT

A tobacco cessation program on Instagram for teenagers ages 13-17

REGISTER VIA LINK IN QR CODE



LIVE VAPE FREE TEEN PROGRAM

An interactive texting program that helps young people ages 13-26

TEXT VAPEFREENC TO 873373 OR REGISTER VIA LINK IN QR CODE



THIS IS QUITTING/BECOME AN EX

A texting tobacco cessation program for people aged 13-24

TEXT VAPEFREENC TO 88709 OR REGISTER VIA LINK IN QR CODE



RESOURCES FOR PARENTS

Resources about tobacco cessation programs for parents

TEXT QUIT TO 847-278-9715 OR REGISTER VIA LINK IN QR CODE



TOBACCO PREVENTION AND CONTROL BRANCH

Website



WANT TO LEARN MORE?

Reach out to the NCDHHS Tobacco Prevention Team

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