



# QUIT TOBACCO/VAPE RESOURCES



HELPLINE FOR VAPING  
**CALL 1-844-8-NO-VAPE**  
**TEXT QUIT VAPING TO 66819**

TRUTH INITIATIVE TEXT-TO-QUIT  
**TEXT DITCHJUUL TO 887-09**

SAMHSA NATIONAL HELPLINE  
**CALL 1-800-662-4357**

SMOKE-FREE TEEN NATIONAL HOTLINE  
**CALL (1-800-784-8669)**  
**TEXT QUIT TO 47848**

TREATMENT LOCATOR  
**FINDTREATMENT.SAMHSA.GOV**

**SPEAK TO COUNSELOR, ADULT, OR  
MEDICAL PROVIDER**

FOR PARENTS:  
**TEXT QUIT TO 202-899-7550**