



Escape the Vape

Youth Vaping Cessation Resources

Getting Started:

Smokefree.gov: <https://teen.smokefree.gov/quit-vaping/how-to-quit-vaping> - Check out @smokefree.us on Instagram



The Truth Initiative: <https://truthinitiative.org/>

Right From Your Phone:

QuitStart: <https://smokefree.gov/tools-tips/apps/quitstart> - An app designed to support you in quitting

Text "**Quit**" to 47848 to receive daily messages focused on helping you quit vaping, from teen.smokefree.gov

Text "**DITCHJUUL**" to 88709 for The Truth Initiative's vaping cessation text program, **This is Quitting**

Adult Vaping Cessation Resources

[Smokefree.gov](https://smokefree.gov)

[TruthInitiative.org](https://truthinitiative.org)

Truth Initiative's **Become an Ex:** <https://www.becomeanex.org/>

For more information, check out our **website:**

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

Or **Facebook:** @SPANNeedham

Slogan sourced from escapethevape.org

