

FREE QUIT RESOURCES



Are you looking to gain your freedom back from commercial tobacco and nicotine products?

YOU HAVE OPTIONS!

If you or someone you know is looking to quit smoking, vaping or using other tobacco products these resources are for you!

START YOUR QUIT JOURNEY TODAY FOR FREE!



WI QUIT LINE

Telephone coaching available for Wisconsin commercial tobacco and e-cigarette users who want to quit, eligible for users ages 13 years or older. Call 1-800-QUIT-NOW or text READY to 200-400.

THE AMERICAN INDIAN QUITLINE

Get 7 free phone calls with a dedicated American Indian Quit Coach or a Non-American Indian Quit Coach. All our Quit Line Coaches have been trained in providing culturally tailored and specific interventions. Call 1-888-7AI-QUIT.

NOT FOR ME: ONLINE

A self-guided, mobile-friendly online program that helps teens break nicotine dependency, whether they vape, smoke or use other tobacco products. <https://notforme.org/>

LIVE VAPE FREE

Young adults who want to quit vaping can get free help through the Live Vape Free program by texting "VAPEFREE" to 873373.

THIS IS QUITTING

Teens text DITCHVAPE to 88709. Users receive one tailored message per day to help them in their quit journey.

quitSTART Mobile App

A free app for all smartphones that helps you quit smoking with tailored tips, inspiration, and challenges.

Smokefree TXT for Teens

Teens aged 13-17 who are ready to quit smoking text QUIT to 47848. After enrollment, teens will receive daily text messages to support them in quitting.

Freedom From Smoking

Freedom From Smoking is ranked one of the most effective cessation programs in the country. It is available in a variety of formats and includes evidence-based, proven-effective cessation techniques.

