

COLORADO RESOURCES TO HELP YOUTH QUIT TOBACCO

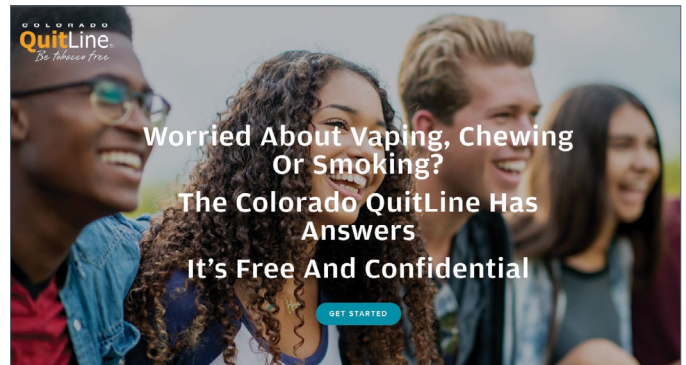
This guide is for adults in youth-serving organizations. Below are free options to help young people who are starting to feel concerned about their tobacco use or vaping.

QUITLINE SERVICES

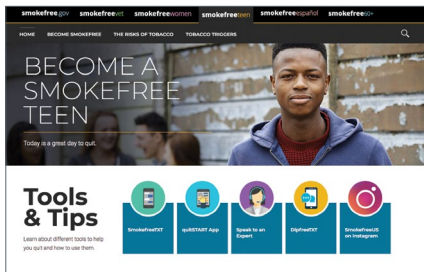
Free web and phone support for all Coloradans age 12 and older who vape or use other tobacco products.

- Personalized phone coaching
- Interactive web program featuring:
 - Simple sign up
 - Web chat
 - e-coaching
- Email and text message support
- Nicotine patches, gum, lozenges (Age 18+)

Learn more or enroll online: www.coyouthquitline.org or call 1-800-QUIT NOW.



APPS & TEXT PROGRAMS



SMOKEFREE TEEN

Smokefree Teen helps teens stop using tobacco by providing information grounded in scientific evidence and offering free tools that meet teens where they are- on their mobile phones. Services available include:

- SmokefreeTXT text messaging program
- quitSTART app
- LiveHelp chat

Learn more: www.teen.smokefree.gov.

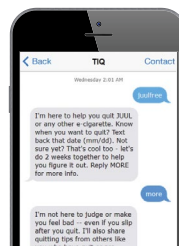
TRUTH INITIATIVE QUIT PROGRAMS

The Truth Initiative offers free app and text-based cessation programs to help young people quit tobacco.



This is Quitting

- text QUIT to (706)- 222-QUIT to leave JUUL or e-cig.
- text QUITNOW to (202)-759-6436 to quit cigarettes
- download the TIQ app in the Apple and Android app stores



E-cigarette Quit Program

- Tailored content by age group
- Content for parents and caregivers looking to help their children
- text "QUIT" to (202) 804-9884

COLORADO MEDICAID

FREE COUNSELING IS AVAILABLE FOR ALL AGES.

Providers may prescribe free quit medications if appropriate.

Learn more: www.colorado.gov/hcpf/tobacco-cessation.



FOR MORE INFORMATION:

Visit www.tobaccofreeco.org/know-the-facts.



COLORADO
Department of Public Health & Environment