



# FREE Tobacco Quit Support for Teens

## 1. 1-800 QUIT NOW (1-800-784-8669)

- ✓ The Rhode Island Smoker's Helpline
- ✓ Teens can get free quit coaching by phone at times convenient for them
- ✓ Staffed by Certified Tobacco Treatment Specialists

## 2. SmokefreeTXT

- ✓ Designed for teens
- ✓ Powered by **Smokefree.gov**
- ✓ National text messaging program
- ✓ Bitly shortcut for teen services: <http://bit.ly/2n8NfYb>

## 3. QuitStart App

- ✓ Powered by **Smokefree.gov**
- ✓ Teens can track their progress, get quit tips, motivational tools, fun craving distractions, and more!
- ✓ For more information: [smokefree.gov/apps-quitstart](http://smokefree.gov/apps-quitstart)

To request Tobacco Control Program resources, please send an email to [angela.lemire@health.ri.gov](mailto:angela.lemire@health.ri.gov).