

FREE TOBACCO/E-CIGARETTE CESSATION RESOURCES

FOR YOUTH AND ADULTS

YOUTH/YOUNG ADULTS

» **truth — This is quitting**

Youth/Young adult e-cigarette cessation support

Text DITCHJUUL to 88709

Adults/Parents can support youth quit attempts by texting QUIT to (202) 899-7550 for tips and texted resources.

» **www.Teen.Smokefree.gov**

Youth/Young adult text support and quitSTART app

TIRED OF WEIRDLY CRAVING MANGOS EVERY TIME YOU TRY TO LIVE YOUR LIFE?



ADULT CESSATION SUPPORT

» **MS Tobacco Quitline 1-800-QUIT-NOW**

Phone coaching and NRT patches and gum
Online chat - www.quitlinems.com

**Mississippi
tobaccoQUITLINE
1.800.QUITNOW**
WWW.QUITLINEMS.COM 1.800.784.8669

» **UMMC ACT Center Cessation Clinic**

601-815-2005 • www.act2quit.org
Jackson Medical Mall

» **www.smokefree.gov**

Texting program, quit apps,
and online chat

Go to www.healthmys.com/ecig for additional resources.

The Mississippi State Department of Health Office of Tobacco Control has Tobacco-Free Coalition directors across the state that provide free training and resources such as tobacco-free property signs. To find your local coalition director, call 1-866-724-6115 or go to www.healthmys.com/tobacco.



**MISSISSIPPI
STATE DEPARTMENT OF HEALTH**