

CRAFT 2.1 +N Community Resources List

****Disclaimer: The resources provided below including the website links, services, and telephone numbers are subject to change at any time. You are responsible for ensuring that the information is accurate and up-to-date when providing it to students, parents/guardians, and/or your school community.*

- **My Life My Quit Program:**
 - “My Life My Quit program <https://mylifemyquit.com/> : Freely available texting-based vaping cessation program for youth from National Jewish Health. To refer a teen to your local My Life My Quit program: Provider Web Referral (Program only in select states): https://mylifemyquit.com/Provider_Web_Referral “
 - “You can [download and print My Life, My Quit posters](#) to display in your classroom and school. Or contact your state health department for printed materials to be mailed to you. Additional marketing and education materials are available. Email healthinitiatives@njhealth.org to request a Marketing and Media Toolkit. All materials on the mylifemyquit.com website are copyrighted by National Jewish Health and are available for use without further permission by citing National Jewish Health as the source.” www.mylifemyquit.com
- **QuitSTART app for teens:** Free smartphone app providing tips and motivation for quitting.
- **SmokefreeTXT for Teens:** Teens 13-17 years old can text QUIT to 47848 for a 6-to-8 week text-based program designed to support quit efforts.
- **TOBACCO QUITLINE:** Call 1-800-QUIT-NOW for FREE support. (1-800-784-8669)
- **Truth Initiative's This is Quitting:** Teens and young adults can text DITCHJUUL to 88709 to participate in a free, semi-interactive text service.

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- **Vaping Quit Plan Builder:** Web-based tool that generates a personalized quit plan
 - **In Spanish:**
 - 1-855-DEJELO-YA (1-855-335-3569)
 - **In Asian languages:**
 - Mandarin and Cantonese: 1-800-838-8917
 - Korean: 1-800-556-5564
 - Vietnamese: 1-800-778-8440