# Tobacco Cessation Resources for Youth

## QUITPLAN SERVICES

Free quitting services available to all Minnesotans. QUITPLAN Services offers a variety of options to help people quit:

- QUITPLAN Helpline (telephone counseling) – All ages
- Printed Quit Guide – All ages
- Email program – Age 13 or older
- Use of quitplan.com – Intended for those aged 14 and above
- Text program – Age 18 or older
- Nicotine replacement therapy – Age 18 or older

To register online at www.quitplan.com, users must be at least 13 years old. Anyone can call 888-354-PLAN (7526) to register at any time.

## TEEN.SMOKEFREE.GOV

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.

- Text messaging program
- quitSTART mobile app
- LiveHelp online chat

## HEALTH PLANS

- Call the number on the back of your insurance card to see what is available
- Each health plan will have their own options, youth and parents should check with their health plan

## EX PROGRAM BECOMEANEX.ORG

- Quit vaping text program
- Text QUIT to 202-804-9884
- Teens 13-18 who vape receive text message-only support

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