

Behavioral Cessation Supports for Youth & Young Adults

Cessation treatment should be provided to youth confidentially, in the context of a trusting relationship between the patient and their pediatric health clinician. This page contains a list of behavioral supports that can help youth quit smoking, vaping and/or using other tobacco products. Pediatricians and other health care providers can link their patients directly to these resources using the phone numbers or “How to Connect” information below. Some additional important notes are below:

1. **Inclusion of a program on this list below does not necessarily imply AAP endorsement of the program.**
2. References to “tobacco” throughout this resource are intended to include all commercial tobacco and nicotine products, including (but not limited to) combustible tobacco, e-cigarettes, smokeless tobacco and heated tobacco products. When we reference tobacco, we are referring to commercial tobacco, and not to the sacred and traditional use of tobacco by some Native American communities.

Telephone Quitlines for Youth and Young Adults

1. **Program Name:** 1-800-QUIT-NOW
 - a) **Population or Language:** English
 - b) **State-Specific Information:** Youth-specific services vary by state. [Find tailored information for your state's quitline](#) from the North American Quitline Consortium (NAQC)
 - c) **Program Details:**
 - i) Free and confidential
 - ii) Ability to speak with trained health professionals
 - iii) Tailored and individualized support
 - d) **Available In:** All 50 States, Washington, DC, Puerto Rico, and Guam. Youth-specific services vary by jurisdiction. See State-Specific Information above for more details.
 - e) **How to Connect:** 1-800-QUIT-NOW
2. **Program Name:** 1-855-DÉJELO-YA (Spanish)
 - a) **Population or Language:** Spanish
 - b) **State-Specific Information:**
 - i) Youth-specific services vary by state. [Find tailored information](#) from Smokefree.gov.
 - c) **Program Details:**
 - i) Free and confidential
 - ii) Ability to speak with trained health professionals
 - iii) Tailored and individualized support
 - d) **Available In:** All 50 States, Washington, DC, Puerto Rico, and Guam. Youth-specific services vary by jurisdiction. See State-Specific Information above for more details.
 - e) **How to Connect:** 1-855-335-3569

3. **Program Name:** 1-800-838-8917 (Mandarin and Cantonese)

 - a) **Population or Language:** Mandarin and Cantonese
 - b) **State-Specific Information:** Youth-specific services vary by state. [Find tailored information](#) from the Asian Smokers Quitline (ASQ) website.
 - c) **Program Details:**
 - i) Free and confidential
 - ii) Speak with trained health professionals
 - d) Tailored support to individual patient needs
 - e) **Available In:** All 50 States, Washington DC, Puerto Rico, Guam. Youth-specific services vary by jurisdiction. See State-Specific Information above for more details.
 - f) **How to Connect:** 1-800-838-8917

4. **Program Name:** 1-800-566-5564 (Korean)

 - a) **Population or Language:** Korean
 - b) **State-Specific Information:** Youth-specific services vary by state. [Find tailored information](#) from the Asian Smokers Quitline (ASQ) website.
 - c) **Program Details:**
 - i) Free and confidential
 - ii) Speak with trained health professionals
 - iii) Tailored support to individual patient needs
 - d) **Available In:** All 50 States, Washington DC, Puerto Rico, Guam. Youth-specific services vary by jurisdiction. See State-Specific Information above for more details.
 - e) **How to Connect:** 1-800-566-5564

5. **Program Name:** 1-800-778-8440 (Vietnamese)

 - a) **Population or Language:** Vietnamese
 - b) **State-Specific Information:** Youth-specific services vary by state. Find tailored information from the Asian Smokers Quitline (ASQ) website.
 - c) **Program Details:**
 - i) Free and confidential
 - ii) Speak with trained health professionals
 - iii) Tailored support to individual patient needs
 - d) **Available In:** All 50 States, Washington DC, Puerto Rico, Guam. Youth-specific services vary by jurisdiction. See State-Specific Information above for more details.
 - e) **How to Connect:** 1-800-778-8440

6. **Program Name:** 1-855-5AI-QUIT (1-855-524-7848)

 - a) **Population or Language:** American Indian
 - b) **State-Specific Information:** This service is available to youth and adults in 12 states: CO, ID, IA, KS, MA, MI, NV, ND, PA, UT, VT, WY. For detailed information, visit www.AIQuitline.com
 - c) **Program Details:**
 - i) Free and confidential

- ii) Speak with trained health professionals
- iii) Tailored support to individual patient needs
- iv) Phone support with optional email and text support
- v) Sponsored by National Jewish Health
- d) **Available In:** Colorado, Idaho, Iowa, Kansas, Massachusetts, Michigan, Nevada, North Dakota, Pennsylvania, Utah, Vermont, Wyoming
- e) **How to Connect:** 1-855-524-7848

Text-Based Tobacco Cessation Resources for Youth and Young Adults

- **Program Name:** [SmokefreeTXT for Teens](#)
Housed by: National Cancer Institute
Youth/Young Adult: Youth who want to quit smoking
Ages: 13-17
Program Length: 6-8 weeks, 3-5 texts per day
Available in: USA
How to Connect: Text "QUIT" to 47848

- **Program Name:** [SmokefreeTXT](#)
Housed by: National Cancer Institute
Youth/Young Adult: Young adults who want to quit smoking
Ages: 18+
Program Length: 6-8 weeks, 3-5 texts per day
Available in: USA
How to Connect: Text "QUIT" to 47848

- **Program Name:** [DipfreeTXT](#)
Housed by: National Cancer Institute
Youth/Young Adult: Youth and young adults who want to quit dip or chewing tobacco
Ages: 13+
Program Length: 6-8 weeks, 3-5 texts per day
Available in: USA
How to Connect: Text "SPIT" to 222888

- **Program Name:** SmokefreeTXT en Español
Housed by: National Cancer Institute
Youth/Young Adult: Youth and young adults who want to quit smoking
Ages: 13+
Program Length: 6-8 weeks, 3-5 texts per day
Available in: USA
How to Connect: Text "LIBRE" to 47848

- **Program Name:** This is Quitting
Housed by: Truth Initiative
Youth/Young Adult: Youth and young adults who want to quit vaping or e-cigarette use

Ages: 13-24`

Program Length: 4+ weeks, 1 message per day

Available in: USA

How to Connect: Text "DITCHJUUL" to 88709

- **Program Name:** My Life, My Quit

Housed by: National Jewish Health

Youth/Young Adult: Youth who want to quit smoking, chewing, or vaping

Ages: <18, age varies by state

Program Length: 4-6 weeks, 1 message every 1-2 days

Available in: CO, HI, ID, IA, KS, KY, MA, MI, MN, MO, NV, NH, ND, OH, OK, PA, RI, UT, VT, WY

How to Connect: Text "Start My Quit" to 1-855-891-9989

Web-Based Resources for Youth and Young Adults

- **Program Name:** Smokefree Teen

Creator: National Cancer Institute

Youth/Young Adult: Youth who want to quit smoking, vaping, or other tobacco use

Ages: 13-17

Program Details:

- Tools and tips
- Online chat support (LiveHelp)
- Quit plans for smoking and vaping

Available in: USA

How to Connect: <https://teen.smokefree.gov/>

- **Program Name:** [Smokefree en Español](https://espanol.smokefree.gov/)

Creator: National Cancer Institute

Youth/Young Adult: Young adults who want to quit smoking

Ages: 18+

Program Details:

- Tools and tips
- Online chat support (LiveHelp)
- Quit plans for smoking

Available in: USA

How to Connect: <https://espanol.smokefree.gov/>

- **Program Name:** Smokefree.gov

Creator: National Cancer Institute

Youth/Young Adult: Young adults who want to quit smoking

Ages: 18+

Program Details:

- Tools and tips
- Online chat support (LiveHelp)
- Quit plans for smoking

Available in: USA

How to Connect: <https://smokefree.gov/>

- **Program Name:** My Life, My Quit

Creator: National Jewish Health

Youth/Young Adult: Youth who want to quit smoking or vaping

Ages: 13-17 (up to 18 in some states)

Program Details:

- Teen-focused education
- Five one-on-one coaching sessions, scheduled every 7-10 days
- Support for quitting and stress relief

Available in: CO, HI, ID, IA, KS, KY, MA, MI, MN, MO, NV, NH, ND, OH, OK, PA, RI, UT, VT, WY

How to Connect: <https://mylifemyquit.com>

- **Program Name:** American Indian Commercial Tobacco Program

Creator: National Jewish Health

Youth/Young Adult: Members of American Indian communities who want to quit smoking, vaping or using other tobacco products

Ages: All ages

Program Details:

- Free and confidential
- Speak with trained health professionals
- Tailored support to individual patient needs
- Phone support with optional email and text support

Available in: CO, ID, IA, KS, MA, MI, NV, ND, PA, UT, VT, WY

How to Connect: <https://aiquitline.com>

- **Program Name:** NOT for Me

Creator: American Lung Association

Youth/Young Adult: Youth who want to quit smoking, vaping, or other tobacco use

Ages: 13-19

Program Details:

- 6-week program
- 8 self-paced sessions with:
 - Educational videos
 - Quit plan development tool: "Journey Journal"
 - Tools and tips for quitting

Available in: USA

How to Connect: www.NOTforMe.org

Smartphone App Resources for Youth and Young Adults

- **Program Name:** QuitSTART

Creator: National Cancer Institute

Youth/Young Adult: Youth and young adults who want to quit smoking

Ages: 13+

Program Details:

- Personalized quit support and tips
- Support to manage cravings and withdrawal
- Encouragement after relapse

Available in: USA

How to Connect:

[Download from Google Play](#)

[Download from Apple Store](#)

Resources for Parents to Help their Youth/Young Adults Quit

- **Program Name:** Helping a Child Quit Vaping/BecomeAnEX

Creator: Truth Initiative, Mayo Clinic

Designed for: Parents who want to help their child quit vaping

Program Length: 21 days

Available in: USA

How to Connect: Text "QUIT" to 202-899-7550