



## Cessation Resources

- **Talk to your healthcare provider, counselor or trusted adult.**
- **Nebraska Tobacco Quitline. Youth and Adults can utilize the Quitline. Youth 18 years and younger require a one-time guardian's consent.**
  - 1-800-QUIT-NOW (784-8669)
  - 1-855-DEJELO-YA (335-3569) (Spanish)
- **Nebraska Youth Text Services**
  - Text "StartMyQuit" to 36072
  - Call/Chat online options also available
  - Visit [www.mylifemyquit.com](http://www.mylifemyquit.com) for more information
- **ExProgram – <http://www.exprogram.com>**
  - Daily pledges
  - Post/blog/text
  - Active, supportive ex users
  - Make a plan/set a date
- **Youth 13 years and older and Younger Adults who want to quit**
  - Text "DITCHVAPE" 88709
  - Download the quitSTART app
- **Parents and adults looking to help someone quit**
  - Text "QUIT" to (202)899-7550
  - 1-800-QUIT-NOW (784-8669)
- **Freedom From Smoking class (in-person)**
  - CHI St. Francis, 2620 W. Failey Ave.
  - 18 years and older
  - Free – Call 308-398.8912
- **Veterans**
  - Text VET to 47848
  - <https://veterans.smokefree.gov/smokeless-tobacco/get-the-facts>
- **For more information/resources visit:**
  - <http://www.teach4hallcounty.com>
  - <https://dhhs.ne.gov/Pages/Tobacco-Free-Nebraska.aspx>
  - <https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/index.html>
  - <https://smokefree.gov/>

**teach4hallcounty.com**

*~Envisioning a future free of commercial tobacco & nicotine~*

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