The Quit Line welcomes all callers age 13 and older who want to quit any nicotine product - including cigarettes, vapes (e-cigarettes, Juul, Suorin), hookah, and smokeless tobacco (chew, dissolvables).

When they call, friendly quit coaches will:

- **Understand**
  - Understand the unique challenges teens may face when quitting.

- **Plan**
  - Help create a quit plan that fits the caller’s needs.

- **Discuss**
  - Talk about how to deal with peer pressure.

- **Link**
  - Provide access to our online Web coach, build plans, track progress, and participate in chats with other teens.

- **Meds**
  - Discuss medications. Offer free samples if 18 or older, refer to doctor if 17 or younger.

- **Solve**
  - Brainstorm ways to create smoke-free areas at home and avoid secondhand smoke.

- **Send**
  - Mail a free booklet with info on how to quit.

- **Offer**
  - Offer ongoing 24/7 support - we’re just a call or login away.

- **Refer**

Call 1-800-QUIT-NOW (1-800-784-8669) or visit WiQuitLine.org and click “Register Online”.

Sponsored by the Wisconsin Tobacco Prevention and Control Program.