



Text READY to 200-400

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:



Plan

Help create a quit plan that fits the caller's needs.

Understand

Understand the unique challenges teens may face when quitting.



Link

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

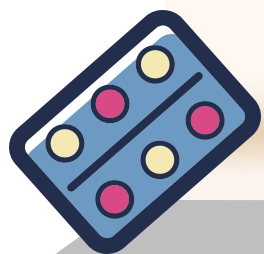
Discuss

Talk about how to deal with peer pressure



Solve

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



Meds

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



Send

Mail a free booklet with info on how to quit

Refer

Suggest youth-specific sites like Teen.Smokefree.gov and TheTruth.com



Offer

Offer ongoing 24/7 support - we're just a call or login away

Text READY to 200-400
or visit WiQuitLine.org and click "Register Online"