# Electronic Media Resources

**Text-Based Tobacco Cessation Resources for Teen and Adults**

* **Program Name:** [**SmokefreeTXT for Teens**](https://teen.smokefree.gov/)

**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**](https://smokefree.gov/tools-tips/text-programs/quit-for-good/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**](https://smokefree.gov/tools-tips/text-programs/quit-for-good/dipfreetxt) **Housed by**: National Cancer Institute

**Youth/Young Adult**: Youth and young adults who want to quit dip or chewing tobacco

**Ages**: 13+

**Program Lengt**h: 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 us

**Ages**: 13-24`

**Program Length**: 4+ weeks, 1 message per day

**Available in**: USA

**How to Connect**: Text “DITCHJUUL” to 8870

**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/**](https://teen.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

**How to Connect**: [**https://mylifemyquit.com**](https://mylifemyquit.com/)

* **Program Name:** [**Smokefree Espanol**](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/**](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

**Available in**: USA

**How to Connect**: [**https://smokefree.gov/**](https://smokefree.gov/)

**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 age

**Program Details**:

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

**How to Connect**: [**https://aiquitline.com**](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**](http://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**](https://play.google.com/store/apps/details?id=com.mmgct.quitstart&referrer=utm_source%3DSmokefreeTeen%26utm_medium%3DWebsite%26utm_campaign%3DGeneral)[**Download from Apple Store**](https://apps.apple.com/app/apple-store/id494552000?mt=8)

**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

**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**](https://play.google.com/store/apps/details?id=com.mmgct.quitstart&referrer=utm_source%3DSmokefreeTeen%26utm_medium%3DWebsite%26utm_campaign%3DGeneral)[**Download from Apple Store**](https://apps.apple.com/app/apple-store/id494552000?mt=8)

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