

Tobacco Intervention Opportunities

● YOUTH RESOURCES ●



Aspire

A free online, bilingual multimedia, evidence-based and educational program developed by The University of Texas MD Anderson Cancer Center. It is a fun and interactive tobacco prevention and cessation curriculum for teens. Coming Soon.

For more information email tobaccofree@njpn.org

Project Ex

Project Ex is a school-based, tobacco-use cessation program for high school youth (ages 14-19 years). The program is delivered in a clinic setting, and involves enjoyable, motivating activities such as games, mock talk shows, and yoga. At the completion of the program, youth will be able to: stop or reduce cigarette smoking and state accurate information about environmental, social physiological, and emotional consequences of tobacco use. The 8-session curriculum is delivered over a 6-week period.

Visit projectex.usc.edu; call (800)400-8461, or email: leahmedi@usc.edu

Smokefree Teen

A free, web-based program designed and run by the National Cancer Institute to help you understand the decisions you make, especially the decision to quit smoking, and how those decisions fit into your life.

Visit www.teen.smokefree.gov to learn more or sign up.

Become an EX

Become an Ex offers a customized quit plan that learns and grows with you, text messages to help quit smoking or vaping. Smart, interactive guides and tools for you to navigate your tobacco-free journey, expert advice and tips from Mayo Clinic and an active, supportive EX Community of real tobacco users who have been through it all.

To learn more visit www.becomeanex.org



Tobacco-Free
FOR A HEALTHY NEW JERSEY

To learn more visit
www.tobaccofreenj.com

● YOUTH RESOURCES ●



QuitSTART App

A free app made for teens who want to quit smoking. This app takes the information you provide about your smoking history and gives you tailored tips, inspiration, and challenges to help you become smokefree and live a healthier life. Available on Apple and Android. Designed and run by the National Cancer Institute.

Visit www.teen.smokefree.gov/become-smokefree/quitstart-app

Smokefree Teen TXT

A free, mobile text messaging program that provides 24/7 tips, advice and encouragement to help you quit smoking. For young adults (13-19 years old) in the United States who want to be smokefree. It lasts 6-8 weeks, depending on your quit date. You will receive 3-5 messages per day. Developed and run by the National Cancer Institute.

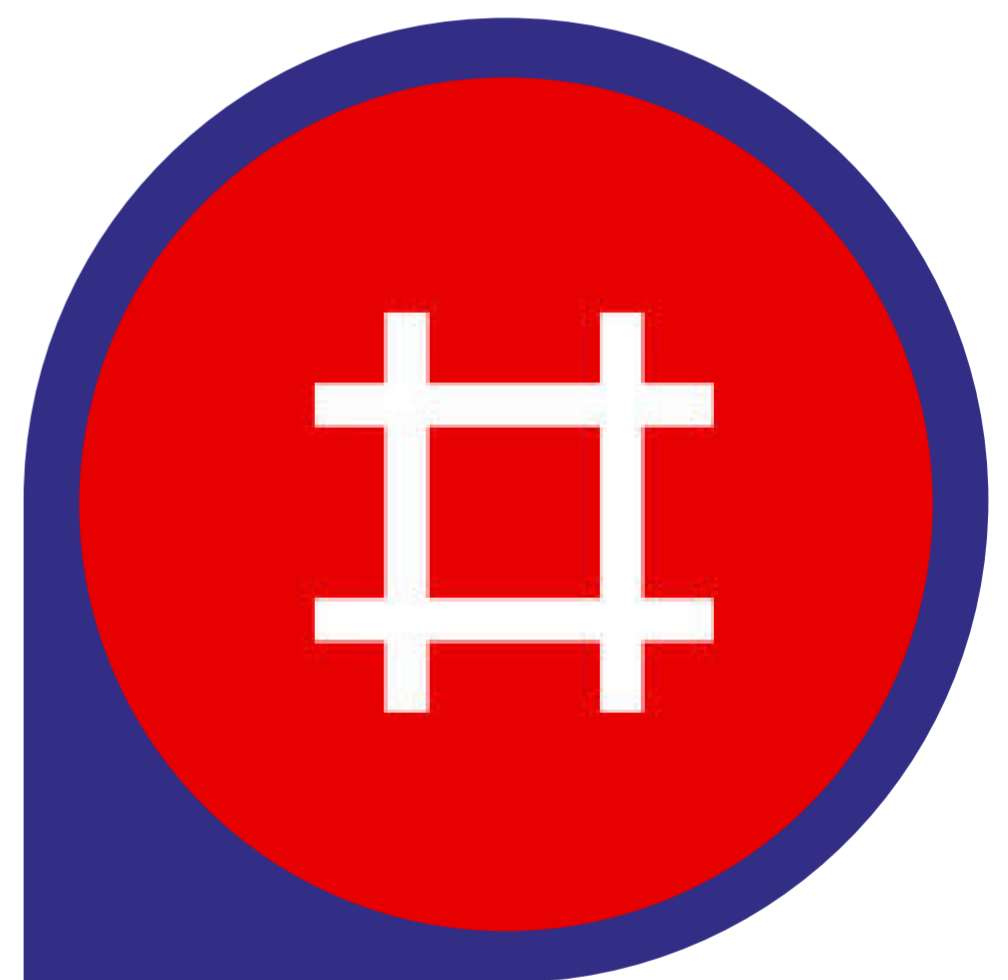
To sign up visit www.teen.smokefree.gov/become-smokefree/smokefreeteen-signup or text **QUIT** to **47848**.

This is Quitting

A free app and text service created by the Truth Initiative that provides teens ages 13-18 with connections to other teens who are trying to quit, messages to keep you on track with quitting, structured and freestyle quitting exercises.

Disclaimer: School personnel should be aware that this service contains adult language.

Visit www.thisisquitting.com or you can text **QUIT** to **706-222-QUIT** to leave **JUUL** or your e-cig or text **QUITNOW** to **202-759-6436** to quit cigarettes.



Not on Tobacco (N-O-T)

Not On Tobacco (N-O-T) is the American Lung Association's voluntary smoking cessation program for teens 14-19. Over the 10-week program, participants learn to identify their reasons for smoking, healthy alternatives to tobacco use, and people who will support them in their efforts to quit. There is a fee associated with this program.

Visit www.lung.org or call **1-800-LUNG-USA** to learn more.



To learn more visit www.tobaccofreenj.com

● STAFF RESOURCES ●

Tobacco Free for a Healthy New Jersey Cessation Services
New Jersey Department of Health, Office of Tobacco Free, Nutrition and Fitness



NJ Quitline

A free telephone-counseling service for smokers who are ready to stop. Call today and speak with your own quit coach. No matter which quit method you choose the Quitline can more than double your chances for success.

Visit www.njquitline.org or call 1-866-NJSTOPS (866-657-8677)

Mom's Quit Connection for Families

This program provides free, one-on-one counseling for pregnant and postpartum women; moms, dads, and family members who want to quit smoking to protect children, 7 and under, from exposure to harmful tobacco smoke.

Visit www.momsquit.com



TOBACCO FREE FOR A HEALTHY NJ QUIT CENTERS

Tobacco Free for a Healthy NJ has recently established Quit Centers covering 12 counties across the state. The Quit Centers will provide tobacco cessation services and support to those who want to stop smoking or using tobacco products. The Quit Centers will provide support and guidance to create a quit plan, explore and provide Nicotine Replacement Therapy (NRT), and provide individual and group counseling sessions free of charge.

Quit Center Providers

Atlantic Prevention Resources

Cape Assist

RWJBarnabas Health Institute for Prevention and Recovery

Hackensack Meridian Health

Inspira Health Network



To learn more visit
www.tobaccofreenj.com

● **STAFF RESOURCES** ●
Additional Cessation Services



Tobacco Dependence Program, Rutgers School of Public Health

Dedicated to reducing the harm to health caused by tobacco use. The TDP particularly aims to provide expertise on quitting smoking for those who need it most. We do this through education, treatment, research and advocacy.

Call 732-235-8222 or visit www.tobaccoprogram.org.

Quit for Life Program

Quit for Life, the nation's leading tobacco-cessation program, is a phone-based coaching and web-based learning support service to help smokers quit. A collaboration between the American Cancer Society and Optum, the program is built on the organizations' more than 35 years of combined experience in tobacco cessation. Provides emails with tips, an action plan, connection with other people trying to quit, quit medications, personal quit coach, and texts to keep you focused on quitting.

Visit www.quitnow.net.

SmokefreeTXT

A free, mobile text messaging program that provides 24/7 tips, advice and encouragement to help you quit smoking. It lasts 6-8 weeks, depending on your quit date. You will receive 3-6 messages per day. Developed and run by the National Cancer Institute.

SmokefreeVET - TXT

For military veterans who receive their health care through VA and are ready to quit smoking or using tobacco. Text VET to 47848.

SmokefreeWOMEN

Women can face different challenges when quitting. Learning what makes quitting unique for some women can set you up for smokefree success.

SmokefreeMOM - TXT

For pregnant women in the United States who want to cut back on cigarettes and quit smoking. Text MOM to 222888.

Smokefree60+

Smokefree 60+ provides free, accurate, evidence-based information and professional assistance to help support the immediate and long-term needs of people trying to quit smoking. Visit www.60plus.smokefree.gov.



American Lung Association

Freedom From Smoking Plus is a user-friendly interface that helps you create a personal quit smoking plan on your desktop, tablet or smartphone. Through interactive features that include videos, quizzes and activities, Freedom From Smoking Plus walks you through the quitting process and offers a surround sound of support from our Lung HelpLine counselors and other quitters through our online community.

See a free demo of this program at www.FreedomFromSmoking.org.



To learn more visit
www.tobaccofreenj.com