

Tobacco Cessation & GASO

QUARTER 4 FOCUS



Great American Smokeout

Quitting smoking isn't easy. It takes time. And a plan. You don't have to stop smoking in one day. Start with day one. Let the Great American Smokeout event on Thursday November 16th be your day to start your journey toward a smoke-free life. See page 3 for more details!

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.

Text **VAPEFREENJ** to **88709** for an easy-to-use, anonymous (and free) support system right at the tip of your fingers!

READY TO QUIT VAPING?

YOU GOT THIS

text **VAPEFREENJ** to **88709**
for an easy-to-use, anonymous (and free) support system at your fingertips.



INCORRUPTIBLE.US

QUIT

we're incorruptible. are you?



To learn more visit tobaccofreenj.com

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GREAT ★ AMERICAN SMOKEOUT

*Quitting smoking isn't easy. It takes time and a plan.
You don't have to stop smoking in one day. Start with day one.*

Let the Great American Smoke Out on November 16th, 2023 be your day to start the journey toward a smoke-free life. You don't have to do it alone. Grab a friend, family member or coworker who also wants to quit and join thousands of people who smoke across the country in taking an important step toward a healthier life.



Scan here to learn about GASO and download materials



Scan here to for tobacco cessation resources in New Jersey

The Great American Smokeout (GASO) is an annual event sponsored by the American Cancer Society (ACS). This event focuses on encouraging Americans to quit tobacco smoking. People are challenged to stop smoking for at least 24 hours as a first step in their quit journey.

Tobacco Free for Healthy NJ is providing resources to help you educate your community as well as direct them to cessation services.



November 16, 2023
#GASO2023

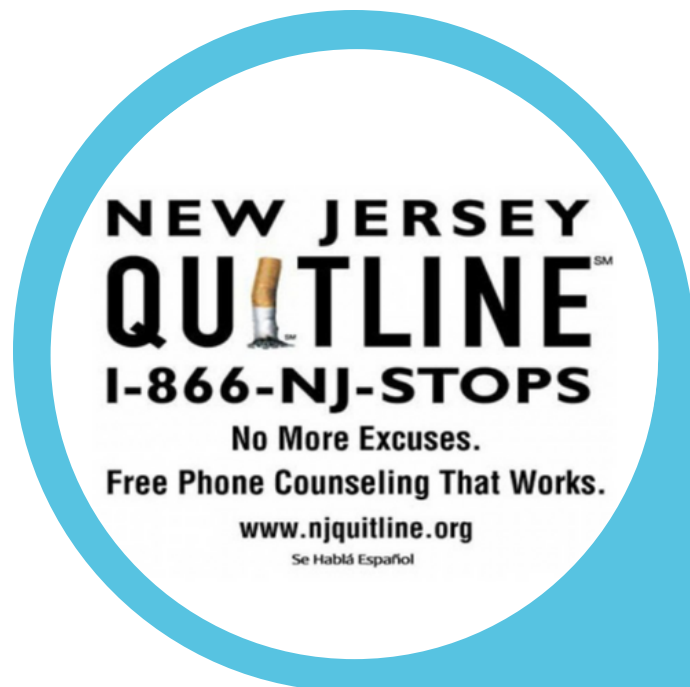
Tobacco-Free
FOR A HEALTHY NEW JERSEY

Tobacco-Free
FOR A HEALTHY NEW JERSEY

To learn more visit
tobaccofreenj.com

● ADULT RESOURCES ●

Tobacco Free for a Healthy New Jersey Cessation Services
New Jersey Department of Health, Office of Tobacco Control



NJ Quitline

Free, 24/7, chat, web, or phone 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. Youth services available for ages 13-17.

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 people; moms, dads, and family members who want to quit smoking to protect children, 8 and under, from exposure to harmful tobacco smoke.

Visit www.momsquit.com



Quit for Kids

Quit for Kids is a statewide texting program as part of MQC for Families specifically for pregnant people and partners; parents, family members and caregivers of children under 8. Live chat feature with a Quit Coach is available. Enroll and receive personalized messages:

TEXT QUITFORKIDS TO 53016

Learn more at momsquit.com



Tobacco Free for a Healthy NJ has recently established Quit Centers covering eleven 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.

Visit Tobaccofreenj.com/quit-smoking to find your nearest quit center



To learn more visit
www.tobaccofreenj.com

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.



For more information email tobaccofree@njpn.org

Don't Get Vaped In

A comprehensive, multi-strategy approach to the vaping epidemic among youth. "The Don't Get Vaped In" training manual includes three curriculums: Adult to Adult training, Adult to Youth training, and Youth to Youth training.



INCORRUPTIBLE.US



SCAN ME

Incorruptible.us is New Jersey's youth-led Youth Tobacco Action Group (YTAG). Teens ages 13-18 can join their county chapter to focus on educating & mobilizing peers to take action to create tobacco-free communities.





Tobacco-Free

2023



QUIT FOR YOUR HEALTH

Thursday,

November 16, 2023



Paid for by Incorruptible.us, NJ's Youth Tobacco Action Group