



QUIT NICOTINE RESOURCES



NYS Quitline - FREE

- Must be 18+
- Text to Quit Lines
- Calls with a Quit Coach
- Free nicotine patches, and more!



www.nysmokefree.com

The Butt Stops Here - FREE

- Must be 18+
- 7-week Program
- Local resources



www.sphp.com

Truth Initiative: Ex Program - FREE

- Must be 13+
- Text to Quit Lines
- Quit Plans, Daily Tips & Reminders
- Resources, user friendly



<https://join.exprogram.com>

My Last Cigarette App - FREE

- Must Be 18+
- Habit Tracker
- Real time health & finance improvements
- Daily motivational quotes & facts



<https://apps.apple.com/za/app/my-last-cigarette/id639202516>

quitSTART App - FREE

- Targets 13-19 Year Olds
- Tailored tips, inspiration, & challenges
- Create your own "quit kit"
- Monitor progress, earn badges



<https://smokefree.gov/tools-tips/quitstart>



THE YOUTH ALLIANCE



@YAOFJC