

There is no better  
time to quit smoking  
than **RIGHT NOW!**



### Tobacco Quitlink (Adults)

National Jewish Health offers a Quitline for tobacco users 18 years and older. This program is also completely free and confidential.

Call: 1-800-QUIT-NOW (784-8669)

Chat: [www.michigan.quitlogix.org](http://www.michigan.quitlogix.org)



### More Available Quitting Resources:

- **American Indian Commercial Tobacco Program**
  - <https://aiquitline.com/>
  - 1-855-524-7848
- **Asian Smokers Quitline**
  - Assistance available in Chinese, Korean, & Vietnamese.
  - [www.asiansmokersquitline.org/smokers](http://www.asiansmokersquitline.org/smokers)
- **SmokefreeVET**
  - [veterans.smokefree.gov](http://veterans.smokefree.gov)
- **Medicaid** covers all seven FDA approved tobacco cessation medications.

## About My Life, My Quit

### A Program Designed for Teens

As the nation's leading respiratory hospital and largest non-profit tobacco quitline provider, National Jewish Health launched a comprehensive e-cigarette and tobacco cessation program for teens under the age of 18 who want to stop using tobacco products, including vaping.

Nearly five million U.S. teens use tobacco, however, there are very few available resources. Since its launch in 2019, the My Life, My Quit™ program is now available in 16 states and is one of the most widely used cessation programs for teens.

### Quit Coaches

My Life, My Quit™ connects teens with a Quit Coach to provide them with access to personalized help with quitting. Coaches have special training on the best ways to engage youth in quitting.

#### Coaches help teens by:

- ➔ Providing nicotine education
- ➔ Developing a "Quit Plan"
- ➔ Teaching ways to cope with stress
- ➔ Providing ongoing support

MY LIFE MY QUIT™



MY LIFE  
MY QUIT™

The My Life, My Quit™ program is for teens who want help with quitting tobacco and vaping.

**Always Free, Always Confidential.**

Text "Start" to 36072

Call (855) 891-9989

Chat online with a Quit Coach at:

[www.mylifemyquit.com](http://www.mylifemyquit.com)