

# COLORADO RESOURCES TO HELP YOUTH QUIT TOBACCO

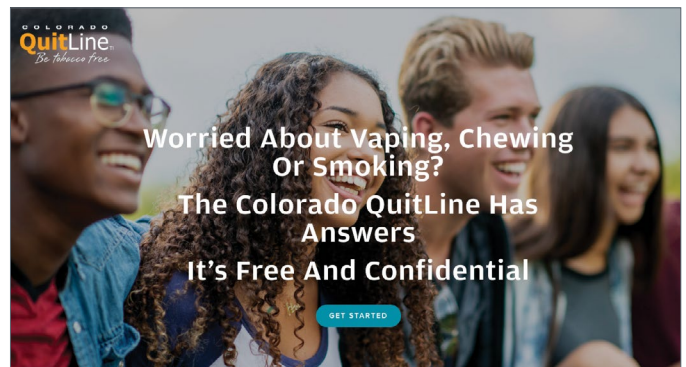
This guide is for adults in youth-serving organizations. Below are free options to help young people who are starting to feel concerned about their tobacco use or vaping.

## QUITLINE SERVICES

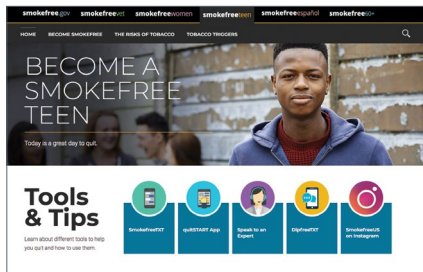
Free web and phone support for all Coloradans age 12 and older who vape or use other tobacco products.

- Personalized phone coaching
- Interactive web program featuring:
  - Simple sign up
  - Web chat
  - e-coaching
- Email and text message support
- Nicotine patches, gum, lozenges (Age 18+)

Learn more or enroll online: [www.coyouthquitline.org](http://www.coyouthquitline.org) or call 1-800-QUIT NOW.



## APPS & TEXT PROGRAMS



### SMOKEFREE TEEN

Smokefree Teen helps teens stop using tobacco by providing information grounded in scientific evidence and offering free tools that meet teens where they are- on their mobile phones. Services available include:

- SmokefreeTXT text messaging program
- quitSTART app
- LiveHelp chat

Learn more: [www.teen.smokefree.gov](http://www.teen.smokefree.gov).

### TRUTH INITIATIVE QUIT PROGRAMS

The Truth Initiative offers free text-based cessation programs to help young people quit tobacco.

**This is Quitting: A Quit Vaping Program for Teens and Young Adults**

- Text DITCHJUUL to 887-09
- Daily text messages to build confidence and learn skills to quit vaping
- Tailored content by age group (13-17, 18-24)



## COLORADO MEDICAID



### FREE COUNSELING IS AVAILABLE FOR ALL AGES.

Providers may prescribe free quit medications if appropriate.

Learn more: [www.colorado.gov/hcpf/tobacco-cessation](http://www.colorado.gov/hcpf/tobacco-cessation).

### FOR MORE INFORMATION:

Visit [www.tobaccofreeco.org/know-the-facts](http://www.tobaccofreeco.org/know-the-facts).



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Department of Public  
Health & Environment