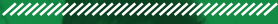


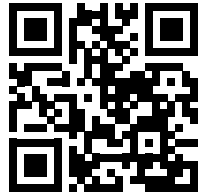
Youth Tobacco CESSATION RESOURCES



QUIT THE HIT

A tobacco cessation program on Instagram for teenagers ages 13-17

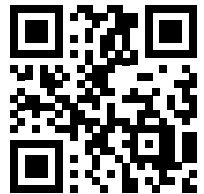
REGISTER VIA LINK IN QR CODE



LIVE VAPE FREE TEEN PROGRAM

An interactive texting program that helps young people ages 13-26

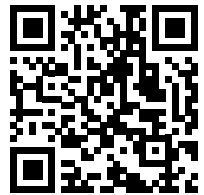
TEXT VAPEFREENC TO 873373 OR REGISTER VIA LINK IN QR CODE



EX PROGRAM

A texting tobacco cessation program for people aged 13 and up

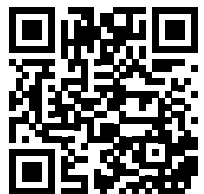
TEXT VAPEFREENC TO 88709 OR REGISTER VIA LINK IN QR CODE



RESOURCES FOR PARENTS

Resources about tobacco cessation programs for parents

TEXT QUIT TO 847-278-9715 OR REGISTER VIA LINK IN QR CODE



TOBACCO PREVENTION AND CONTROL BRANCH

Website



WANT TO LEARN MORE?

Reach out to the NCDHHS Tobacco Prevention Team

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