

Tobacco Cessation Resources (SEBB)

**Subject**: Vaping and youth-focused resources

Quitting tobacco and nicotine isn’t easy. According to the American Lung Association, those who begin using tobacco products as children or teens face severe [health problems and addictions](https://www.lung.org/quit-smoking/smoking-facts/impact-of-tobacco-use/tobacco-use-among-children). Yet, quitting tobacco and nicotine can generate benefits at any age and there are plenty of resources aimed at supporting teens, young adults, and their caregivers through the process.

If you, your child, or another loved one is thinking about quitting, there are [resources](https://washingtonbreathes.org/priorities/improve-access-to-cessation-treatment/quit-services/) available to help, including some that may be [covered by your health insurance](https://www.hca.wa.gov/employee-retiree-benefits/living-tobacco-free-pebb).

Below are several options created specifically for teens, young adults, and their caregivers to help them with their cessation journey.

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| **Population Served** | **Resource Name** | **Additional Info** |
| Teens aged 13+ | [2Morrow Health](https://doh.wa.gov/you-and-your-family/tobacco/how-quit/self-help-options/2morrow-health) | Download the 2Morrow Health app, or [register here](https://doh.wa.gov/you-and-your-family/tobacco/how-quit/self-help-options/2morrow-health). Available in Spanish. Has a version for vaping. |
| Teens aged 13-17 | [SmokefreeTXT for Teens](https://teen.smokefree.gov/) | Download the quitSTART app.  Text START to 47848  Available in Spanish. |
| Teens aged 13-19 | [NOTforMe.org](https://notforme.org/) | Must create an account to access resources. |
| Teens and young adults aged 13-26 | [Live Vape Free](https://livevapefree.com/) | Text VAPEFREE to 873373  Free nicotine replace therapy (NRT) for ages 18+ |
| LGBTQ+ | [Outlast Tobacco Quitline](https://cancer-network.org/outlast-tobacco/) | Call 1-800-QUIT-NOW (1-800-784-8669) Text QUITNOW to 333888 |
| Parents, students, and teachers | [Vaping Prevention and Education](https://digitalmedia.hhs.gov/tobacco/educator_hub) | Resources for talking to teens and young adults about quitting. |

Quitting tobacco can be difficult and may require multiple attempts. As a SEBB employee or beneficiary, you and your loved ones have access to free or low-cost resources to support you on this journey.