FREE TOBACCO/E-CIGARETTE CESSION RESOURCES
FOR YOUTH AND ADULTS

YOUTH/YOUNG ADULTS

» truth — This is quitting
Youth/Young adult e-cigarette cessation support

Text DITCHJUUL to 88709

Adults/Parents can support youth quit attempts by texting QUIT to (202) 899-7550 for tips and texted resources.

Youth/Young adult text support and quitSTART app

ADULT CESSION SUPPORT

» MS Tobacco Quitline 1-800-QUIT-NOW
Phone coaching and NRT patches and gum
Online chat - www.quitlinems.com

» UMMC ACT Center Cessation Clinic
601-815-2005 • www.act2quit.org
Jackson Medical Mall

» www.smokefree.gov
Texting program, quit apps, and online chat

Go to www.healthyms.com/ecig for additional resources.

The Mississippi State Department of Health Office of Tobacco Control has Tobacco-Free Coalition directors across the state that provide free training and resources such as tobacco-free property signs. To find your local coalition director, call 1-866-724-6115 or go to www.healthyms.com/tobacco.