

# RESOURCES

## This is Quitting

<https://www.thetruth.com/articles/hot-topic/quit-vaping>

This is Quitting is a mobile program designed by Truth Initiative to help young people quit with inspiration from others like them. Youth and young adults can access the new e-cigarette quit program by texting "DITCHJUUL" to 88709. Parents and other adults looking to help should text "QUIT" to (202) 899-7550.

## BecomeAnEx

<https://www.becomeanex.org>

BecomeAnEX is a free, digital quit-smoking plan and community created by Truth Initiative in collaboration with Mayo Clinic. It offers customized quit plans and text messages for support quitting smoking or vaping, smart, interactive guides and tools for navigating a tobacco-free journey as well as expert advice and tips from the Mayo Clinic. An active, supportive "EX Community" of real tobacco users who have been through it all will help users quit.

## Smokefree Teen

<https://teen.smokefree.gov>

Smokefree Teen has a variety of resources including tips and apps to help users quit vaping. To get started, text "QUIT" to 47848.



Madison  
Chatham  
Coalition

The Madison Chatham Coalition is funded by the Office of National Drug Control Policy and is a collaborative partnership between Substance Abuse and Mental Health Services Administration and Community Anti-Drug Coalitions of America. <http://whitehouse.gov/ondcp>. The Madison Area YMCA is a community partner and the fiscal agent of the Madison Chatham Coalition.

[www.madisonchathamcoalition.org](http://www.madisonchathamcoalition.org)