

MY LIFE[★]MY QUITTM



At My Life, My QuitTM we share the truth about nicotine, vaping and other tobacco products.

The My Life, My QuitTM Program is for young people ages 12-17 who want help to quit all forms of tobacco, including vaping.

My Life, My QuitTM Coaches help youth:

- Develop a quit plan
- Cope with stress
- Learn about nicotine
- Get ongoing support

Text "Start My Quit" to 36072
or call 855.891.9989

or CHAT ONLINE
with a Coach



My Life, My QuitTM is always free and confidential.

www.mylifemyquit.org



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It's YOUR LIFE and YOUR QUIT. Get support,
resources and more through My Life, My Quit[™].