



American
Heart Association

LEARN • ACT • LEAD

Live Tobacco & Vape Free

Want to quit smoking, vaping or using other tobacco products? Want to help a friend quit? Congratulations—that's great news! We're so glad you've made this decision, and we're here to help you through it. We are going to equip you with information and resources created just for young people so you can take the next step toward a tobacco and vape-free life!



Vaping

THIS IS QUITTING

A free text message program designed to help young people quit vaping. The messages show the real side of quitting by incorporating content from other young people who have attempted to quit before.

After enrolling, you will receive at least 4 weeks of messages tailored to your age that will help build skills and gain the confidence to quit.

Throughout the program, users can also text in COPE, STRESS or MORE to receive instant support.

13 to 24

Upto 4 weeks of messages if you do not set a quit date
Upto 8 weeks of messages if you do set a quit date

Free

<https://truthinitiative.org/about-this-is-quit>