

# Cessation Support for Students



Tobacco Prevention and Cessation



## This is Quitting

This is Quitting is a mobile application and companion text messaging program designed specifically for young adult smokers and e-cigarette users. The app brings together quit stories from real-life young people, along with entertaining gif posts about quitting, strategies and tips to stay tobacco free, training challenges, and access to free expert counseling 24/7.

text **DITCHVAPE** to **88709**

[thisisquitting.com](http://thisisquitting.com)

OPTUM® | Live Vape Free™

1.800.QUIT.NOW  
8-11am, 1-5pm, 7-9pm  
QuitNowIndiana.com



## Live Vape Free

Live Vape Free is an a text-based stop vaping program for teens. Once enrolled, teens can access interactive content that is quick and easy to use. There are videos, quizzes, assessments and podcasts to help teens find their “why” and help quit vaping. Teens can also get 1-1 support with a professional quit coach.

text **INDIANA** to **873373**



## Quit Now Indiana

The program is designed to help teens stop using tobacco permanently. These participants will also receive age-appropriate educational materials and additional help via unlimited access to a toll-free support line that is available 24/7.

[QuitNowIndiana.com/Teens](http://QuitNowIndiana.com/Teens)





**NATIONAL  
CANCER  
INSTITUTE**

## Smoke-Free Teen

This site is designed and run by the National Cancer Institute and provides tobacco cessation information grounded in scientific evidence specifically for teens, aged 13-19 years old.

It offers free tools, including a text messaging program and quitSTART mobile application.

[teen.smokefree.gov](http://teen.smokefree.gov)



## Healthcare Provider

It is always recommended to involve a teen’s primary health care provider to help educate and guide them on a cessation journey.

Asking adolescents about tobacco use and advising them to quit are the first steps toward the use of effective treatments to quit. Health care providers are uniquely positioned to screen for tobacco use in their patients, initiate treatment and connect them to smoking cessation services that are best suited for the patient.

Special considerations for adolescents: It is important for clinicians to intervene with adolescents in a manner that respects confidentiality and privacy (e.g., interviewing adolescents without parents present).

## Summary of Cessation Resources

	Age	Live Support	Phone Counseling	Text Messaging Program	Free
<b>This is Quitting</b>	13-24			✓	✓
<b>Live Vape Free</b>	13-17	✓		✓	✓
<b>Quit Now Indiana</b>	13 and older	✓	✓		✓
<b>Smoke-Free Teen</b>	13-19			✓	✓
<b>Healthcare Provider</b>	All ages	✓			