

Quitting Resources

- **The South Dakota QuitLine** (<https://www.sdquitline.com/>)



○ **The South Dakota QuitLine** offers **free** cessation counseling, **free** nicotine replacement therapy (patches, gum, or lozenges), **free** cessation medication to help tobacco users quit. To be eligible for the **South Dakota QuitLine** services, the person must be a South Dakota resident, a tobacco user (including e-cigarette users), 13 years of age or older (note: medication for those under 18 requires a doctor's prescription), ready to quit or has quit in the last 30 days. Teens are eligible to enroll in the telephone coaching program by calling 1-866-SD-QUITS (1-866-737-8487) or they can request a free Quit Guide online.

- **Truth Initiative's Quit Smoking and Vaping Tools** (<https://truthinitiative.org/what-we-do/quit-smoking-tools>)

○ **This is Quitting** is a free quit-vaping and quit-smoking mobile program designed specifically for teens and young adults. It is completely free, and available 24-7 to help with cravings, stress and slips, plus regularly-scheduled messages and reminders that are designed to help people quit. Teens and young adults can simply text DITCHVAPE to 88-709 to get started or visit www.truthinitiative.org/thisisquitting for more information. Parents and other adults looking to help young people quit should text "QUIT" to (202) 899-7550.



○ **BecomeAnEX** is a **free**, digital quit-smoking plan and online community of thousands of smokers and ex-smokers developed by Truth Initiative in collaboration with Mayo Clinic. It has helped over 800,000 people develop the skills and confidence to successfully quit. Research has shown that following the **BecomeAnEX** quit plan quadruples a tobacco user's chance of quitting. Visit <https://www.becomeanex.org/> for more information

- **Smoke Free Teen** (<https://teen.smokefree.gov/>)



○ **Smoke Free Teen Quit Vaping** provides information on how to quit vaping and stay vape-free. Visit <https://teen.smokefree.gov/quit-vaping> to read more about how to quit vaping, dealing with vape cravings, understanding vaping triggers, vaping addiction, and much more.

○ **SmokefreeTXT for Teen** is for young adults (13-19 years old) in the United States who want to be smokefree. The program is typically 6-8 weeks and participants will receive 3-5 messages per day. To sign up, text QUIT to 47848 or complete the form found at <https://teen.smokefree.gov/become-smokefree/smokefreeteen-signup>.

○ **quitStart App** is a free smartphone app made for teens and can help them quit smoking. It gives customized tips, inspiration, and challenges to help teens quit for good. Visit <https://teen.smokefree.gov/become-smokefree/quitstart-app> to download the app.

Online resources & presentations

Vaping Among Youth by Watertown Officer Gutzmer

<https://www.youtube.com/watch?v=V3QRS0qFFg>

“Addicted Early” <https://vimeo.com/545568517>
(3:30 minutes) video for teachers or parents

Catch My Breath parent resources

<https://letsgo.catch.org/pages/CMB-Parent-Resources>

- Video 1: The Youth Vaping Epidemic
- Video 2: Strategies to Support Your Child's Healthy Decisions
- Video 3: Could Your Child be Vaping?
- Video 4: 4 Reasons to talk to Your Child about E-Cigarettes Today
- Video 5: How to Talk to Your Child about E-Cigarettes

FREE Resources for Order

<https://apps.sd.gov/PH18Publications/secure/Puborder.aspx>

Scan the QR code to find these resources online:

