**Cessation Resources and Information**

[Quitting Vaping or Smoking App](https://www.doh.wa.gov/YouandYourFamily/Tobacco/HowtoQuit) (doh.wa.gov/quit) & Quitline (1-800-QUIT-NOW):

Here’s some more information on free cessation resources through Quitline:

* Telephone counseling. The vast majority of students will be eligible for a five-call counseling program through the Washington State Tobacco Quitline (see [here](https://www.doh.wa.gov/Portals/1/Documents/Pubs/340-207-QuitlineCoverage.pdf) for coverage specifics). The Quit Coaches at the Quitline will counsel students who use tobacco *and* vapor products, including those who only use vapor products. The key is for students to call 1-800-QUIT-NOW to learn about the services available.
* Smartphone app access. As mentioned in the letter, a self-help app for quitting smoking or vaping can be downloaded by going to [doh.wa.gov/quit](http://www.doh.wa.gov/quit) and completing a sign-up form.
* Nicotine replacement therapy (NRT). Although we typically only offer NRT as part of Quitline programs, we’re offering 2 weeks of free nicotine patches exclusively to 18-20 year-olds who download the Smoking & Tobacco app.

Quitline also has materials specific to smokeless tobacco use/cessation. Callers just need to share that they chew/dip, and the Quit Coaches will take it from there and also send them relevant self-help materials. Other recommended self-help materials:

* DipfreeTXT: <https://smokefree.gov/tools-tips/text-programs/quit-for-good/dipfreetxt>
* [ChewFree.com](http://ChewFree.com): [https://www.chewfree.com/#](https://www.chewfree.com/)
* MyLastDip: <https://mylastdip.com/>

Other Cessation Resources:

* Text to quit vaping: Text “DITCHJUUL” to 887-09, courtesy of Truth Initiative®.
* Text to quit tobacco products: Text “TEEN” to 47848 to access SmokefreeTeen.

[Asian Smokers' Quitline (ASQ)](https://www.asiansmokersquitline.org/)

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-Offering free telephone counseling, self-help materials, free nicotine patches and online help in four Asian languages (Cantonese, Mandarin, Korean and Vietnamese) to help you quit smoking.

[CCSAP (College Coalition for Substance Abuse Prevention)](https://sites.uw.edu/ccsaprev/)

Affiliated Institutions, which appear to be a mix of some WA CTCs, 4-year universities, other private colleges and technical schools in the state:

<https://sites.uw.edu/ccsaprev/affiliated-institutions/>

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