

# Tobacco Cessation and Prevention Resources

## CESSATION:

### [This Is Quitting](#), truth initiative

- To enroll in This is Quitting, teens and young adults text **DITCHJUUL to 88709**. The first messages they receive will ask for their age and product usage so that they are able to receive relevant messages. Users receive one age-appropriate message per day tailored to their enrollment date or quit date via text message.
- [Promotional materials](#)

### [Become An Ex](#), truth initiative and Mayo Clinic

- If you are an adult looking for support to quit vaping or stop using any tobacco product, our free digital quit smoking platform BecomeAnEX offers comprehensive web and mobile tools. Parents of vapers can also sign up for [BecomeAnEX](#), where they can indicate that they are a parent of a young person who vapes, and access a supportive online community and a full interactive website of information about how nicotine addiction works and different approaches to quit.

### [My Life, My Quit](#), National Jewish Health

- My Life, My Quit™ is the free & confidential way for teens to quit smoking or vaping. Text "Start My Quit" to 855.891.9989 or visit the website to chat with a Coach.
  - 5 FREE coaching sessions either by text, chat, or phone to help youth under 18 quit all forms of tobacco including vaping
  - Dedicated toll-free number (1-855-891-9989)
  - Online enrollment through mylifemyquit.com
  - RESPECTS privacy through confidential enrollment and coaching. No one will know someone enrolls unless they want them to know

### [Tobacco Quit Line](#), MT DPHHS

- Quitting nicotine is hard. For FREE help quitting ALL commercial tobacco products, including smokeless tobacco and electronic cigarettes.
  - Staffed 7 days a week: 5 AM to 11 PM, with 24 hour voicemail. Please leave us a message and we will call you back!
  - NEW\* Chat with a coach through the Quit Line webpage.
  - A FREE personalized quit plan.
  - 5 FREE pro-active cessation coaching sessions.
  - 8 weeks of FREE nicotine replacement therapy available.
  - Reduced cost cessation medication.
  - [Montana Tobacco Quit Line Frequently Asked Questions](#).

### [American Indian Commercial Tobacco Quit Line](#), National Jewish Health

- Our American Indian Coaches understand that traditional tobacco is vital to the future of American Indian culture and to passing traditional knowledge on to the next generations of families and community. Quitting commercial tobacco is one of

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the most important steps a person can take for preserving their health, the health of their families and of the community. **The program is free and confidential.**

- FREE culturally sensitive coaching with American Indian coaches
- 10 FREE coaching sessions
- Dedicated toll-free number (1-855-5AI-QUIT)
- Staffed Monday-Friday 6:00am to 7:30pm, MST.

## [Quit Now Montana Pregnancy Program, MT DPHHS](#)

- In addition to the Montana Tobacco Quit Line services, the Quit Now Montana Pregnancy Program offers:
  - FREE personal female coach
  - FREE NRT during pregnancy and additional weeks postpartum
  - CASH INCENTIVES- \$20 for completed coaching calls while pregnant (up to 5 calls), \$30 for completed coaching calls post-partum (up to 4 calls)
  - 9 FREE coaching calls
  - *Be sure to identify yourself as pregnant when calling the Montana Tobacco Quit Line!*

## **PREVENTION:**

- [The Great American Smokeout](#), American Cancer Society,
  - The American Cancer Society Great American Smokeout® is an annual event that encourages and offers support to smokers to make a plan to quit smoking or to quit smoking on the day of the event – the third Thursday in November each year. By quitting – even for one day – smokers will be taking an important step toward a healthier life and reducing their cancer risk. The American Cancer Society Great American Smokeout® takes place on the third Thursday in November - **November 19, 2020.**
  - [Resources](#)
- [Read Between the Lies](#), truth initiative
  - [The Bigger Picture](#)
- [Truth Initiative Tobacco/Vape-Free College Program](#), truth initiative
- [Vaping vs Immune Systems](#), truth initiative
- [Montana Tobacco Use Prevention Program Publications and Resources](#)- The Montana Tobacco Use Prevention Program (MTUPP) has a variety of resources including data, fact sheets, infographics, and reports about tobacco use and prevention in the state of Montana.
- [E-cigarettes, Vapes, & JUUL: The New Addiction in Montana](#)- MTUPP has created a new webpage that is a one-stop-shop for e-cigarette information.
- [HCM Webpage](#)- resources such as [Tobacco Policy in Montana: What's New?](#)