

QUIT VAPING AND RECOVERY RESOURCES

The ones in red are dependent on
the program capacity at the time



YOUTH

Text "VAPEFREET" to 88709

Talk to your pediatrician!

Perception Program (860) 779-5852

- Therapy for substance use and does drug screens

Joshua Center (860) 779-2101

- Participates in the 7 Challenges program for youth substance use. An outpatient service for youth struggling with substance use issues.

SMART Recovery Group: TEEG (860) 923-3458

[YouthRecoveryCT](#)



- Offers recovery assistance, peer support, and hope
- Offers recovery groups, peer groups, and a family and friends meeting

ADULTS

Text "QUIT" to (202) 899-7750
for parents of youth who vape

ADULTS & YOUTH

[FDA's SmokeFree](#)



- Live online chat option
- Create a quit plan online

QuitSTART App (17+)

Quit Vaping App

- Calculates how much money you spend & save
- How your health is improving
- reminds you why you are quitting

1 (800) QUIT-NOW 1 (800) 784-8669 (ages 13+)

Nicotine replacement therapy (18 and older)

[Commit to Quit](#) (13 and older)



CCAR SUPPORT MEETINGS (AGES 18+)

Young People All Recovery Meeting

- Thursdays at 7 p.m. at 713 Main St., Willimantic
- **Ages 18-32**

Family Support

- Family, friends, and allies support group
- Virtual
- Mondays at 5 p.m.
- **18+**

Parents in Recovery

- Virtual
- Wednesdays 5:30 p.m. to 6:30 p.m.



[Virtual Support Meetings](#)

All Recovery Meeting

- Virtual
- Every week Monday to Friday
- 12 p.m. to 1 p.m.
- **18+**

Telephone Support

- Can ask for weekly phone calls check-ins



PLANNING ON DECREASING YOUR USE OR QUITTING? HERE ARE SOME TIPS:

- Track your use
- Start tapering use of nicotine by reducing your daily intake- reduce amount of puffs a day or cut out a time of day where you crave it the least.
- Think about your habits: When you're craving most? How you're feeling when you crave? What caused it? Emotions? What was time of day?
- Put your vape in a secure space that isn't close by you if your go to is to have it close by.
- Rely on someone in your life who will be supportive of these changes knowing you can reach out to them and they can also help keep you accountable.



[HOW TO TALK TO YOUR TEEN ABOUT VAPING](#)