

ADULT VAPING & RECOVERY RESOURCES

United Services provides outpatient therapy for mental health and substance use. Medication Assisted Treatment (MAT) for Tobacco, Opioids, and Alcohol. MAT services are for 18 years and older.

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



FDA's SmokeFree



- Live online chat option
- Create a quit plan online

Talk to your doctor!

Perception Program (860) 779-5852

- Therapy for substance use and does drug screens

Nicotine replacement options (18+)

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

Commit to Quit (13 and older)



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

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.

CCAR SUPPORT MEETINGS (AGES 18+)



[Virtual Support Meetings](#)

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.

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



Resources on how to talk to youth:



Guide

[Vaping: What Families Need to Know](#)

Guide

[How to talk to your Teen About Vaping](#)



Webpage

[Truth Initiative](#)

Guide

[Talking with Your Teen About Marijuana](#)

