



Young adults QUIT VAPING RESOURCES

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

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.

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.

Text "VAPEFREECT" to **88709** (ages 13 to 24)

[FDA's SmokeFree](#)



- Live online chat option
- Create a quit plan online

[YouthRecoveryCT](#)



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

Talk to your doctor!

Perception Program (860) 779-5852

- Therapy for substance use and does drug screens

Joshua Center (860) 779-2101 (serves ages 13-18)

- 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

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+ phone service) & nicotine replacement options (18+)

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

