

For youth and teens



QUIT VAPING RESOURCES

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

[FDA's SmokeFreeTeen](#)



- 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 pediatrician or 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+)

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



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

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.