

tobacco free

Hall County

Cessation Resource Sheet

- Talk to your healthcare provider, school counselor or trusted adult.
- Nebraska Tobacco Quitline. Youth 16 years and older can utilize the Quitline. Younger youth can utilize the Quitline with guardian's consent.
 - 1-800-QUIT-NOW (784-8669)
 - 1-855-DEJLO-YA (335-3569) (Spanish)
- Nebraska Youth Text Services
 - Text "StartMyQuit" to 36072
 - Call/Chat online options also available
 - Visit www.mylifemyquit.com for other tips and resources
- Becomeanex - <https://www.becomeanex.org/>
 - Daily pledges
 - Post/blog/text
 - Active, supportive ex users
 - Make a plan/set a date
- Youth 13 years and older and Young Adults who want to quit.
 - Text "DITCHVAPE" to 88709
 - Download the quitSTART app
- Parents and adults looking to help youth quit.
 - Text "QUIT" to (202) 899-7550
 - 1-800-QUIT-NOW (784-8669)
- Freedom From Smoking class
 - CHI St. Francis, 2620 W. Faidley Ave.
 - 18 years and older
 - Free – Call 308.398.8912 to enroll.
- Veterans
 - Text VET to 47848
 - Call 1-855-QUIT-VET
 - <https://veterans.smokefree.gov/smokeless-tobacco/get-the-facts>
- For more information/resources visit:
 - www.tobaccofreehallcounty.net
 - <http://dhhs.ne.gov/Pages/Tobacco-Free-Nebraska.aspx>
 - <https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/index.html>
 - www.smokefree.gov

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