

Tobacco and Vaping Quit Resources



Text DITCHJUUL to 88709 for texting cessation support for teens and young adults.



QuitlineNC is a free telephone counseling service for all NC residents. Trained Quit Counselors are available 7am-3am daily. Services are available in English and Spanish. Call 1-800-QUIT-NOW (1-800-784-8669) for help quitting now!

Websites with Additional Information & Resources:

www.quitlinenc.com provides free cessation services to any North Carolina resident who needs help quitting tobacco use. Quit Coaching and individualized quit plans and kits are available free of charge. Your Quit Coach may even provide you with free nicotine patches, gum, or lozenges, if you are eligible.

www.BecomeAnEX.org is free and provides information and techniques as well as blogs, community forums, ask the experts, and many other features.

www.Smokefree.gov is an excellent web resource for learning more about the quit process and getting resources to help. Texting services are also available including personalized reminders.

www.Livehelp.cancer.gov offers live online chat support through the National Cancer Institute. Receive information and advice about quitting smoking through real-time messaging with a smoking cessation counselor. Support via LiveHelp is offered in English only, Monday-Friday, 8:00 a.m. to 11:00 p.m. EST.

