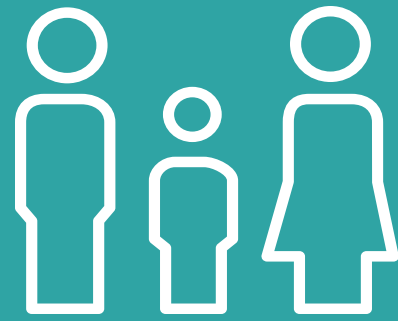


Supporting Your School Community To Be Tobacco and Nicotine Free: The QuitLink

Web and phone-based services offered through the QuitLink & Maine Tobacco Helpline support both youth and adults with evidence-based treatment for tobacco use, including vaping.



FREE



CONFIDENTIAL



REALLY
WORKS

Individuals are 2-3 times more likely to quit using tobacco with the Maine Tobacco Helpline than when they try to quit on their own.

Two Ways to Connect

There are multiple program options available through the QuitLink to meet the needs of different Mainers who are interested in being tobacco and nicotine-free:

1-800-207-1230

MAINE TOBACCO HELPLINE

Call: 1-800-207-1230

Call and speak with a Quit Coach who can answer questions and when you're ready, help you create a personalized quit plan.



THEQUITLINK.COM

[TheQuitLink.com/Ready to Quit](https://TheQuitLink.com/Ready%20to%20Quit)

Visit the Online Portal to learn about web-based services including online enrollment, text to quit, and more to get connected to a Quit Coach.



Supporting Others

The Maine Tobacco Helpline can support parents and school personnel, such as school nurses, who may be looking for support to assist students interested in quitting.



Call 1-800-207-1230 and talk with a Nationally Certified Counselor who can provide free guidance on how to talk about tobacco and nicotine.

The MaineHealth Center for Tobacco Independence offers a variety of trainings and educational opportunities related to tobacco and nicotine treatment, learn more at CTIMaine.org/Education

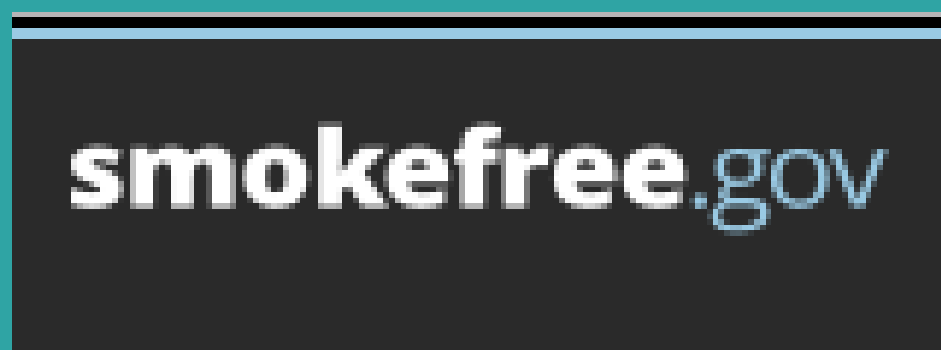


National Resources



The [Truth Initiative](#) supports innovative and free text message programs including [This Is Quitting](#), and tailors content by age group to give teens and young adults appropriate recommendations about quitting.

It also serves as a resource for parents looking to help their children who now vape.



[Smokefree.gov](#) is an initiative from the National Cancer Institute to help you or someone you care about quit smoking. The website has information and quit resources for specific audiences including teens, veterans, women, and older adults.

[Teen.smokefree.gov](#) has specific tools on how to quit vaping and stay vape-free.

For more information and other ENDS resources, visit:
ctimaine.org/resources/ends-vaping



**MAINE
PREVENTION
SERVICES**

Maine Center for Disease Control & Prevention
Department of Health and Human Services