

Tobacco & Nicotine Treatment and Support Resources

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/Ready to Quit

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: Vaping Support Line

Through the Maine Tobacco HelpLine any adult or youth resident can receive services to assist those who vape and want to quit, those needing assistance in how to support a loved one who vapes, and anyone with a general question about vaping.



Call 1-844-9NO-VAPE and talk with a Nationally Certified Counselor who can provide free guidance on services to assist those who are currently using vape products or who are looking to be connected to treatment.

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



Youth Texting Program

CTI has partnered with the Truth Initiative to launch a Maine This is Quitting youth texting program.

This is Quitting is a free, confidential texting program with evidence-based tips to help 13-24 year olds quit vaping



13-24 year olds can text **MAINE** to **88709** for support.

National Resources



smokefree.gov

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