

# MY LIFE MY QUIT™



## The My Life, My Quit™

is for young people ages 13-17 who want help to quit all forms of commercial tobacco, including vaping. My Life, My Quit coaches answer questions and offer friendly support to those who are thinking about quitting or who are ready to quit.

- ★ Get text messages that give you a boost while you quit.
- ★ Free & confidential support is available 24/7.
- ★ Connect with a coach about tips to deal with cravings, stress, and slips.

No one has to go it alone. No matter what your quit journey looks like,  
**WE HAVE THE TOOLS TO SUPPORT YOU.**

**Text**  
"Start My Quit" to 36072

**Call**  
855-891-9989

**Visit**  
[MyLifeMyQuit.com](http://MyLifeMyQuit.com)

**SIGN UP TODAY**

