

MY LIFE MY QUIT™



At My Life, My Quit™ we share the truth about nicotine, vaping and other tobacco products.

The My Life, My Quit program is for teens who want help with quitting tobacco and vaping. My Life, My Quit Coaches help youth:

- Develop a quit plan
- Cope with stress
- Learn about nicotine
- Get ongoing support

Youth can **TEXT/CALL**
855.891.9989
or **CHAT ONLINE**
with a Coach

My Life, My Quit is always free and confidential.
www.mylifemyquit.com

My Life, My Quit
is operated by National Jewish Health. More
resources are available at www.mylifemyquit.com.

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