

# SECTION 6: CESSATION AND SUPPORT

## REFERRALS TO FREE CESSATION RESOURCES

Because nicotine dependence can start early in an adolescent's use of tobacco and e-cigarette products, cessation resources should be offered to the student beginning at the first offense.

No one can be forced to quit. Quitting is a choice that must be made by a tobacco or e-cigarette user, whether student or staff. Research has shown that most teen smokers do want to quit but have been unsuccessful in their previous attempts.<sup>12</sup>

New methods of cessation support using media that youth use most often, like texting and the Internet, are now available. Online support, telephone counseling, and text messages can all provide valuable support for teens who would like help with quitting.

## FREE CESSATION RESOURCES FOR STUDENTS AND ADULTS

- **Quit Now Virginia Tobacco Cessation Services**

[www.quitnow.net/virginia](http://www.quitnow.net/virginia)

Quit Now Virginia is a free program to help adults and youth successfully quit using tobacco. The program offers many resources for individuals attempting to quit including:

- **Quitting Aids** help individuals decide what type, dose and duration of nicotine substitute or other medication is right for them and teaches individuals how to use it to ensure it will work.
- The **Quit Guide** workbook is a reference for any situation to help individuals stay with their Quitting Plan.
- A **Quit Coach®** provides expert support and assistance over the phone to help individuals quit tobacco.
- **Web Coaches®** support individuals in a private, online community platform with activities, videos, progress trackers, and opportunities for discussion with the more than 25,000 active members in the program.
- The **Text2QuitSM** text messaging system allows individuals to connect with Quit Coaches®, interact with Web Coaches®, learn to use medications correctly, manage urges, and avoid relapse directly from their mobile phone. Visit [www.quitnow.net/virginia](http://www.quitnow.net/virginia) or call (1-800-784-8669) to enroll.

- **Freedom From Smoking®**

[www.ffsonline.org](http://www.ffsonline.org)

The American Lung Association's Freedom From Smoking® clinic includes eight classroom sessions that help individuals work through a step-by-step plan for quitting smoking. The sessions are organized to help smokers learn more about their addiction and help them gain control over their behavior. For more information, call 1-804-HCA-CARE.

- **Smokefree Teen (SFT)**

[www.Teen.Smokefree.gov](http://www.Teen.Smokefree.gov)

This site is a joint project of the U.S. Department of Health & Human Services, National Institutes of Health, National Cancer Institute (NCI), and [USA.gov](http://USA.gov). It features teen images and language and offers text messages, quizzes, comics, live chatting with an NCI counselor, links to state quit lines, and more.

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## FREE CESSATION RESOURCES FOR STUDENTS AND ADULTS (cont.)

- **SmokefreeTXT**

[Smokefree.gov/SmokeFreeTxt](http://Smokefree.gov/SmokeFreeTxt)

Text START to 47848 to get started

SmokefreeTXT is a mobile text messaging service designed for adults and young adults across the United States who are trying to quit smoking. The program was created to provide 24/7 encouragement, advice, and tips to help smokers quit smoking and stay tobacco-free.

- **EX**

[www.BecomeAnEX.org](http://www.BecomeAnEX.org)

EX is a free quit-smoking program by Legacy, a national non-profit helping people live longer, healthier lives. Working in partnership with Mayo Clinic, a world leader in quitting smoking, Legacy developed the EX Plan and BecomeAnEx.org to show people how to re-learn life without cigarettes and quit for good. It is a free personalized program.

- **Quitter in You**

[www.quitterinyou.org](http://www.quitterinyou.org)

The “Quitter in You” campaign combines a web site, a variety of public service announcements, and a wealth of personalized tools and support from the American Lung Association. The campaign empowers people trying to quit smoking by recognizing that past attempts to quit are not failures, but normal and necessary steps along the way to quitting for good.

### OTHER RESOURCES AVAILABLE:

- Educational Interview Guide for Students: Pages 27-29
- Getting Through The Day Without Tobacco And E-Cigarettes (for Students): Pages 32-33