

VAPING ADDICTION PROGRAMS



At My Life My Quit we share the truth about nicotine, vaping and other tobacco products. If you decide you want to quit, we're here to help you do it successfully. Text **"Start My Quit"** to **855.891.9989** or call to talk to a coach who is ready to listen and cheer you on. It's YOUR LIFE and we're here to help you live it YOUR WAY! My Life, My Quit is always free and confidential. Visit mylifemyquit.com for more information.

This is Quitting by the Truth Initiative gives youth and young adults the motivation and support they need to ditch JUUL and other e-cigarettes. Text **DITCHJUUL** to **88709** to enroll in this free mobile program. Parents can text **QUIT** to **202.899.7550** to sign up and receive text messages designed specifically for parents of vapers. Visit thisisquitting.com for more information.

THIS IS QUITTING

SmokefreeTEEN is a free tobacco quitting program for teens and young adults. SmokefreeTEEN provides online support and tools to help young adults quit vaping. Text **QUIT** to **47848**, download the app **quitSTART** or visit teen.smokefree.gov for more information.

Based in Troy, MI, River's Bend PC adolescent intensive outpatient program is an innovative program that immediately addresses teens with problem use of drugs or alcohol. The program is designed to facilitate change and support the family with insuring long term sustained recovery. Visit riversbendpc.com for more information.



Detroit Wayne Integrated Health Network's Recovery Oriented Systems of Care (ROSC) offers an array of services that are available 24 hours/7 days, 365 days of the year by calling our access line at **1-800-241-4949**. DWIHN uses informal and formal services to sustain long-term recovery and promote wellness in the individuals we serve and our community. Visit dwihn.org for more information.

The Family Center's Association of Professionals includes local practitioners, organizations, and businesses that provide support to individuals and families. For the list of practitioners, visit familycenterweb.org or call **313.447.1374**.



National Institute on Drug Abuse for Teens
Advancing Addiction Science

NIDA For Teens is a trusted source for science-based information on teen drug abuse and its effects. For more information visit teens.drugabuse.org.