



Tobacco Cessation Resource Teen Programs

Not On Tobacco®

Not On Tobacco® (N-O-T) is the American Lung Association's voluntary tobacco/vaping cessation program for teens ages 14 – 19. Over the 10-session program, participants identify their reasons for using tobacco, including e-cigarettes, healthy alternatives to tobacco use and people who will support them in their efforts to quit. Visit Lung.org, call 1-800-LUNGUSA or email NOT@Lung.org to learn more.

NOT For Me

A free self-guided, online program that leverages the American Lung Association's Not On Tobacco® (N-O-T) program to help teens break nicotine dependency, whether they vape, smoke or use other tobacco products. Visit NOTForMe.org to learn more or register.

Smokefree TXT

A mobile text messaging program that provides 24/7 tips, advice and encouragement, sign-up for SmokefreeTXT, by texting QUIT to (47848). This free program is designed and run by the National Cancer Institute.

1-800-QUIT-NOW

The quitline is a free service that offers one-on-one immediate support. It is staffed by quit smoking coaches who can provide you with helpful information, advice and support as they walk you through a step-by-step plan to quit. To sign up or for more information, call 1-800-QUIT-NOW (1-800-784-8669).

QuitSTART App

This free app takes the information you provide about your smoking history and gives you tailored tips, inspiration and challenges to help teens become smokefree and live a healthier life. Download on iTunes and Android or visit Teen.Smokefree.gov. This program is designed and run by the National Cancer Institute.

Lung HelpLine

The American Lung Association is committed to helping educate, intervene and prevent the use of tobacco and nicotine by the next generation. The Lung HelpLine, available via phone or online, is ready to assist teens between the ages of 13 -17 in quitting tobacco, including vaping. Call 800-LUNGUSA or chat online through our website at Lung.org. Certified tobacco treatment specialists provide guidance and support along with developing individualized quit plans.