

Tobacco Cessation Resources for Youth



QUITPLAN SERVICES

Free quitting services available to all Minnesotans. QUITPLAN Services offers a variety of options to help people quit:

- QUITPLAN Helpline (telephone counseling) – All ages
- Printed Quit Guide – All ages
- Email program – Age 13 or older
- Use of quitplan.com – Intended for those aged 14 and above
- Text program – Age 18 or older
- Nicotine replacement therapy – Age 18 or older

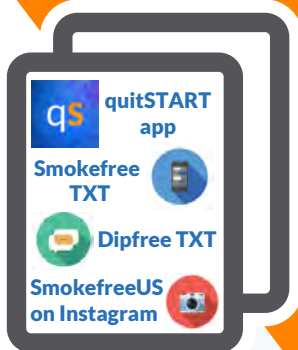
To register online at www.quitplan.com, users must be at least 13 years old. Anyone can call 888-354-PLAN (7526) to register at any time.



TEEN.SMOKEFREE.GOV

Smokefree Teen helps teens stop using tobacco by providing information grounded in scientific evidence and offering free tools that meet teens where they are - on their mobile phones.

- Text messaging program
- quitSTART mobile app
- LiveHelp online chat



HEALTH PLANS

- Call the number on the back of your insurance card to see what is available
- Each health plan will have their own options, youth and parents should check with their health plan

