

# 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

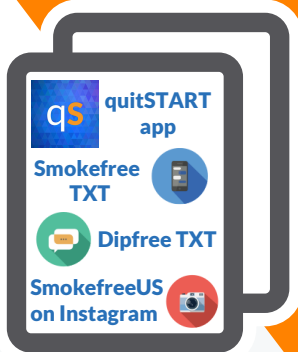
To register online at [www.quitplan.com](http://www.quitplan.com), users must be at least 13 years old. Anyone can call 888-354-PLAN (7526) to register at any time.



## 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

