



# WISCONSIN TOBACCO QuitLine

WiQuitLine.org

The Quit Line welcomes teens ages 13-19 who want to quit vaping, smoking or other nicotine use.

## How it Works

Teens can access a digital dashboard featuring tailored videos, articles, quizzes, action cards, and live chat with a quit coach. If you're 18 or older, you can get free meds to help you address your vaping. It's all free!

With help from the online tools and support from coaches, teens can:

- \* Develop a tailored plan.
- \* Build skills.
- \* Set goals.
- \* Track progress.
- \* Quit for good.

Or, teens can try a texting program called Live Vape Free.



## How to Enroll



Two ways teens can get started:

- \* For help quitting vaping, text VAPEFREE to 873373.
- \* For help with quitting smoking or chewing nicotine, visit **WiQuitLine.org**.

