Tobacco Cessation & GASO

QUARTER 4 FOCUS

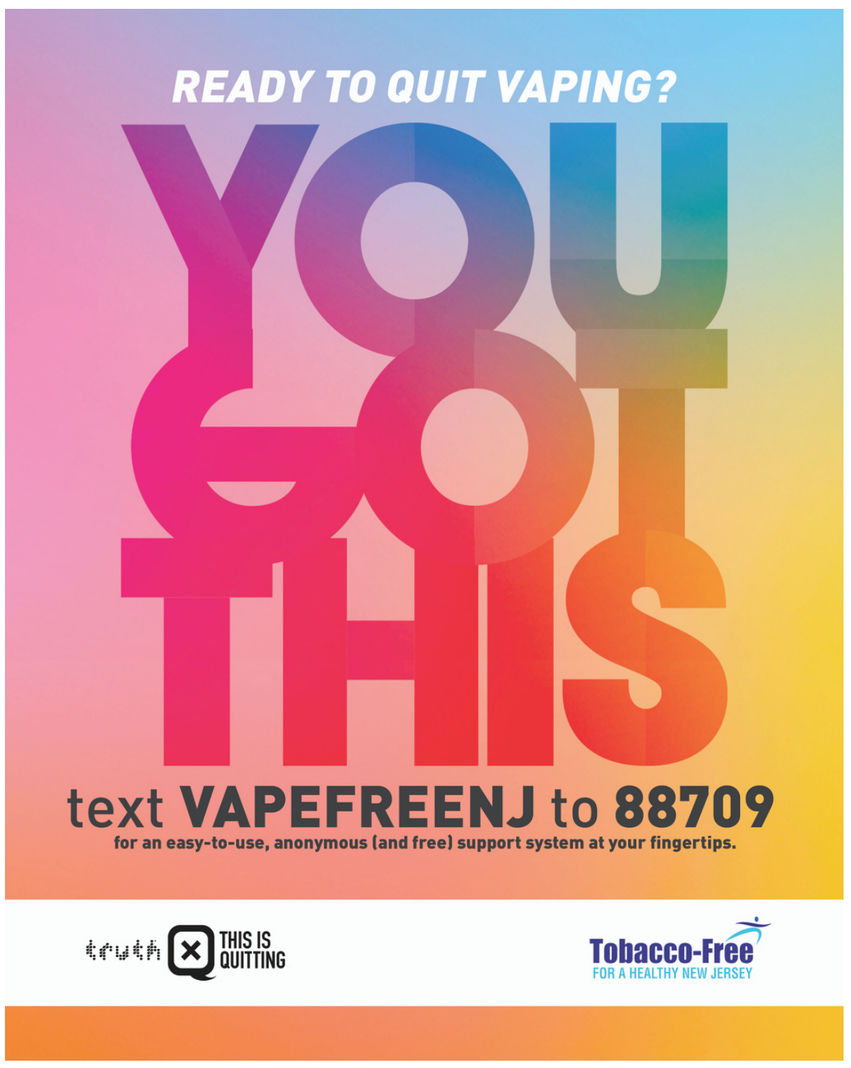
Great American Smokeout

Quitting smoking isn't easy. It takes time. And a plan. You don't have to stop smoking in one day. Start with day one. Let the Great American Smokeout event on Thursday November 17th be your day to start your journey toward a smoke-free life. See page 3 for more details!

This is Quitting

A free app and text service created by the Truth Initiative that provides teens ages 13-18 with connections to other teens who are trying to quit, messages to keep you on track with quitting, structured and freestyle quitting exercises.

Text **VAPEFREENJ** to **88709** for an easy-to-use, anonymous (and free) support system right at the tip of your fingers!



INCORRUPTIBLE.US

Incorruptible.Us

Incorruptible.Us is New Jersey's youth-led Youth Tobacco Action Group (YTAG). Teens ages 13-18 can join their county chapter to focus on educating & mobilizing peers to take action to create tobacco-free communities.

SCAN ME

Tobacco-Free
FOR A HEALTHY NEW JERSEY

To learn more visit
tobaccofreenj.com

• ADULT RESOURCES •

Tobacco Free for a Healthy New Jersey Cessation Services

New Jersey Department of Health, Office of Tobacco Control

NEW JERSEY QUITLINE℠
1-866-NJ-STOPS
No More Excuses.
Free Phone Counseling That Works.
www.njquitline.org
Se Habla Español

NJ Quitline

A free telephone-counseling service for smokers who are ready to stop. Call today and speak with your own quit coach. No matter which quit method you choose the Quitline can more than double your chances for success.

Visit www.njquitline.org or call 1-866-NJSTOPS (866-657-8677)

Mom's Quit Connection for Families

This program provides free, one-on-one counseling for pregnant and postpartum people; moms, dads, and family members who want to quit smoking to protect children, 8 and under, from exposure to harmful tobacco smoke.

Visit www.momsquit.com

MOM'S Quit CONNECTION

Quit4Kids

Quit for Kids

Quit for Kids is a statewide texting program as part of MQC for Families specifically for pregnant people and partners; parents, family members and caregivers of children under 8. Live chat feature with a Quit Coach is available. Enroll and receive personalized messages:

TEXT QUITFORKIDS TO 53016

Learn more at momsquit.com

TOBACCO

TOBACCO FREE FOR A HEALTHY NJ

QUIT CENTERS

Tobacco Free for a Healthy NJ has recently established Quit Centers covering eleven counties across the state. The Quit Centers will provide tobacco cessation services and support to those who want to stop smoking or using tobacco products. The Quit Centers will provide support and guidance to create a quit plan, explore and provide Nicotine Replacement Therapy (NRT), and provide individual and group counseling sessions free of charge.

Visit Tobaccofreenj.com/quit-smoking to find your nearest quit center

Tobacco-Free
FOR A HEALTHY NEW JERSEY

To learn more visit www.tobaccofreenj.com

Tobacco-Free

2023

QUIT FOR YOUR HEALTH

Thursday, November 17, 2022

Paid for by Incorruptible.Us, NJ's Youth Tobacco Action Group