RESOURCES FOR QUITING - VAPING, TOBACCO and/or NICOTINE:

- Texas Department of Health and Human Services, main websites are www.dshs.texas.gov
  www.dshs.texas.gov/tobacco
  www.dshs.texas.gov/vaping

- YESQUIT.ORG or call (1-877-YES-QUIT) is a program with the Texas Department of Health and Human Services.

- www.SmokeFree.gov or call 1—800-QUIT-NOW

- Truth Initiative Program – a quitting program, website is www.truthinitiative.org


- Center for Disease Control (CDC), main website is www.cdc.gov

- Food and Drug Administration (FDA), main website is www.fda.gov


- American Lung Association, main website is www.lung.org

- MD Anderson Cancer Center – a program called “ASPIRE”