

RESOURCES FOR QUITTING - 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
- www.Teen.SmokeFree.gov
- Center for Disease Control (CDC), main website is www.cdc.gov
- Food and Drug Administration (FDA), main website is www.fda.gov
- U.S. Surgeon General Office – website is www.E-cigarettes.SurgeonGeneral.gov
- American Lung Association, main website is www.lung.org
- MD Anderson Cancer Center – a program called “ASPIRE”