FREE QUITTING RESOURCES FOR TEENS



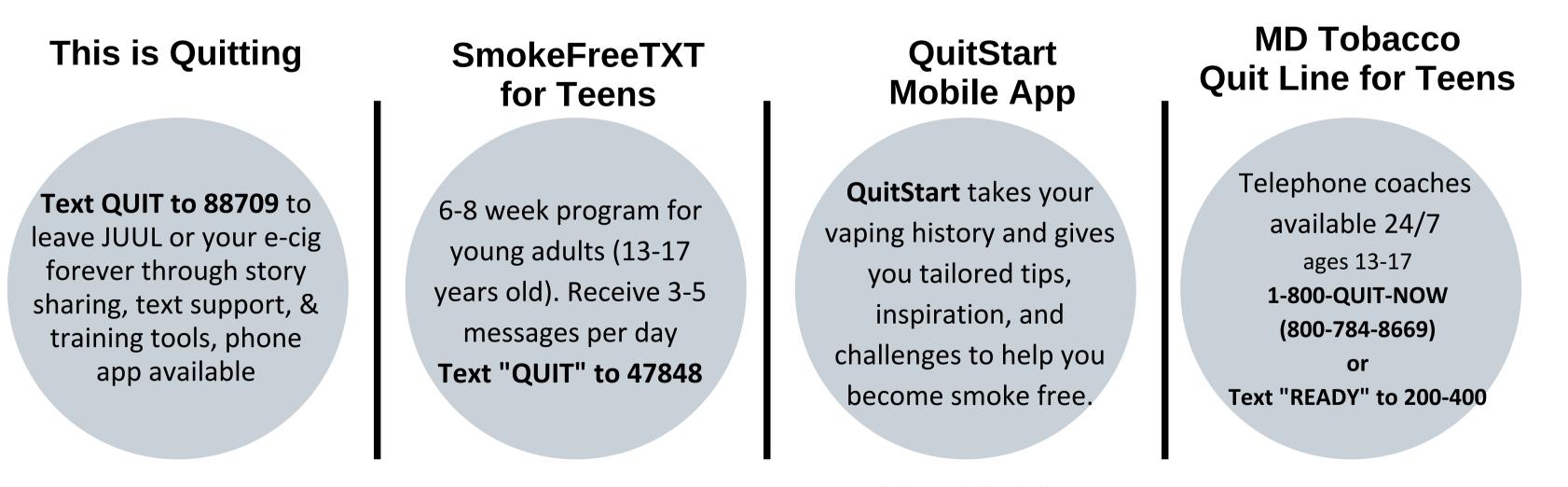
Do you know someone or are you that person who wants to quit Juuling, vaping, or smoking? These are FREE resources for you!

Freedom from Vaping!

You Have Options!

- Maryland Department of Health web page for vaping prevention resources: https:// phpa.health.maryland.gov/ohpetup/Pages/VapeHelp.aspx
- Truth Initiative has information for parents/adults looking to help young people quit vaping/smoking. Text "QUIT" to (202)899-7550

My Life My Quit smoke free text program for teens Text "Start My Quit" to 855-891.9989



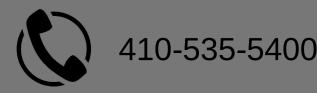
Truth Initiative.org







Maryland Cigarette Restitution Fund





www.calverthealth.org



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