

# VAPING & TOBACCO INTERVENTION RESOURCES

Suffolk County Department of Health, Office of Health Education:

- For vaping resources, information and programs, visit [suffolkvapeout.org](http://suffolkvapeout.org), call 631-853-3162 or email [healtheducation@suffolkcountyny.gov](mailto:healtheducation@suffolkcountyny.gov)
- Vaping Cessation Classes
- "Learn To Be...Tobacco Free" Tobacco Cessation Program

## Additional Resources and Text to Quit

### NYS QUITLINE:



1-866-697-8487 or [www.nysmokefree.com](http://www.nysmokefree.com) for free nicotine replacement medications, access to a quit coach, local programming and educational resources.

### Truth Initiative:



[www.truthinitiative.org](http://www.truthinitiative.org) for youth centered vaping education and quit tips

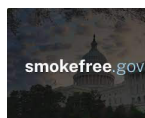
- Text "DITCHVAPE" to 88709

### Become an Ex:



[www.becomeanex.org](http://www.becomeanex.org) for expert advice and tips, customized quit plan, text message support

### Smokefree.gov:



[teen.smokefree.gov](http://teen.smokefree.gov) for quitting resources and education

- Smokefree.gov: Text "QUIT" to 47848

### Suffolk Stop Addiction:



[www.suffolkstopaddiction.org](http://www.suffolkstopaddiction.org) for addiction and mental health resources

### DASH HOTLINE:



24/7 phone support for individuals in a crisis situation or feel overwhelmed due to substance use, mental illness and/or other life stressors. Call 631-952-3333

### National Suicide & Crisis Lifeline:



Call or text 988 for free and confidential support 24/7

### Tobacco Cessation Support:



Text "QUITNOW" to 202-759-6436