

Thinking About Quitting?

It's hard to stop smoking, vaping, or using other tobacco products.
Getting help makes you more successful.



Find the best fit for you. Coaching is available over the phone, by text and online.
Many services can help you find the right medications that can make quitting easier.

Services for Adults	Services for Youth or Young Adults
<p>Michigan Tobacco Quitlink Call: 1-800-QUIT-NOW or 1-800-784-8669* for English. 1-855-DÉJELO-YA (1-855-335-3569) in Spanish. *Additional languages are available. Online: https://michigan.quitlogix.org/en-US/ also available in Spanish. Education, phone coaching, nicotine replacement therapy to qualified callers, online community. Free for those who qualify, call for details.</p>	<p>My Life, My Quit Text "Start My Quit" to 36072 or visit https://mylifemyquit.com/. Free and confidential text and online quit program for teens. Connect one on one with a coach for tips and non-judgmental support. Education and resources available online.</p>
<p>Tobacco Consultation Service (MHealthy) Call: 734-998-6222 Email: quitsmoking@med.umich.edu Online: Tobacco Consultation Service Human Resources University of Michigan (umich.edu) Individual consultation, support groups, Virtual Quit Kit. Free for U of M staff and their families, students, patients, and community.</p>	<p>This is Quitting Text "DITCHVAPE" to 88709 enroll at http://www.thisisquitting.com/. Free and anonymous text messaging program from Truth Initiative designed to help teens and young adults (13 to 24 years old) quit vaping or using tobacco.</p>
<p>U.S. Department of Veterans Affairs, VA Ann Arbor Health Care System Call: 734-769-7100 or 1-855-QUIT-VET (784-8838) Online: https://www.publichealth.va.gov/smoking/quit/index.asp Individualized phone counseling, education, and medication for Veterans receiving healthcare through VA.</p>	

Additional resources and quitting help:

- Michigan Department of Health and Human Services, Tobacco Control Program: [How to Quit Tobacco \(michigan.gov\)](https://www.michigan.gov/quit)
- American Lung Association: [Quit Smoking & Vaping | American Lung Association](https://www.lung.org/quit-smoking) and the [Freedom from Smoking program](https://www.lung.org/freedom-from-smoking)
- U.S. Department of Health and Human Services: provides free education, text messaging, Smartphone Apps, LiveHelp services, and Quit planning.
 - <https://smokefree.gov/>
 - <https://smokefree.gov/veterans>
 - <https://women.smokefree.gov/>
 - <https://teen.smokefree.gov/>
 - <https://espanol.smokefree.gov/>
 - <https://60plus.smokefree.gov/>