

Youth E-cigarette Cessation Resources

- Talk to your healthcare provider
- Those 16 and older can call the Nebraska Tobacco Quitline
 - 1-800-QUIT-NOW (784-8669)
 - 1-855-DÉJLO-YA (335-3569) (Spanish speakers)
- Youth and Young Adults who want to quit
 - Text “DITCHJUUL” to 88709
- Parents or adults looking to help youth quit
 - Text “QUIT” to (202) 899-7550