



Commercial Tobacco and Nicotine Youth Cessation Programs

No two teens are the same, which means they need different kinds of help to quit commercial tobacco and nicotine products. With that in mind, the Wisconsin Department of Health Services Tobacco Prevention and Control Program funds several youth cessation programs with a variety of engagement methods:



Not On Tobacco (N-O-T)



- In-person, group program
- Ages 13-19
- Price: FREE for youth
- 10 adult-facilitated sessions
- Voluntary, comprehensive curriculum that uses multiple learning strategies
- To access: Become a trained facilitator by visiting the [website](#) or email NOT@lung.org

NOT for Me



- Web-based program
- Ages 13+
- Price: FREE
- 8 self-paced sessions (mobile-friendly)
- Based on N-O-T in-person curriculum
- Great for youth who lack access to the N-O-T program or prefer a virtual option
- To access: Visit NOTforMe.org

Live Vape Free



- Texting program
- Ages 13-17
- Price: FREE
- Unlimited personalized assistance
- Multimedia experience: videos, quizzes, podcasts, activities
- Option to text live with a quit coach
- To access: Text **VAPEFREE** to **873373**

Wisconsin Tobacco Quit Line



- Phone program
- Ages 13+
- Price: FREE
- Unlimited assistance
- Trained quit coaches help create a personalized quit plan
- To access: Call **800-QUIT-NOW**

