

New Program for Youth: My Life, My Quit™

For the first time, Minnesota has a commercial tobacco cessation program specifically for youth. **My Life, My Quit™** is available to all Minnesota youth ages 13-17 and offers up to five coaching sessions through text to chat, online chat, and phone calls, as well as youth-specific materials. Resources are also available for parents/guardians, educators, healthcare professionals, and community organizations serving youth of all ages.



VAPING IS

STILL TOBACCO.

Text "Start My Quit"
to 855-891-9989 or call.
Free, confidential help. Just for teens.