For FREE & CONFIDENTIAL Help to Quit Vaping, visit:

**BrakeTheVape.org**

Here are a few ways to Quit Vaping today:

**Download the quitSTART app**

A FREE smartphone app that helps you quit smoking or vaping with tailored tips, inspiration and challenges.

Source: [https://teen.smokefree.gov/become-smokefree/quitstart-app](https://teen.smokefree.gov/become-smokefree/quitstart-app)

**Truth Initiative: Text "DITCHJUUL" to 88709**

Source: [https://truthinitiative.org/thisisquitting](https://truthinitiative.org/thisisquitting)

**Call Tobacco Free Florida at 1-877-U-CAN-NOW (1-877-822-6669) to speak with a trained Quit Coach**

Source: [https://tobaccofreeflorida.com/how-to-quit-tobacco/smoking-cessation-programs/#phone](https://tobaccofreeflorida.com/how-to-quit-tobacco/smoking-cessation-programs/#phone)