

# MY LIFE MY QUIT™



**At My Life, My Quit™ we share the truth about nicotine, vaping and other tobacco products.**

The My Life, My Quit Program is for young people ages 12-17 who want help to quit all forms of tobacco including vaping. My Life, My Quit Coaches help youth:

- Develop a quit plan
- Cope with stress
- Learn about nicotine
- Get ongoing support

Youth can **TEXT/CALL**  
**855.891.9989**

or **CHAT ONLINE**  
with a Coach

**My Life, My Quit is always free and confidential.**  
**[www.mylifemyquit.com](http://www.mylifemyquit.com)**

My Life, My Quit is operated by National Jewish Health.  
More resources are available at [www.mylifemyquit.com](http://www.mylifemyquit.com).