

Tobacco and Vaping cessation

Washington, D.C., Resources

Breathe DC

- Free support to understand tobacco use patterns and build skills needed to become and stay smokefree. Free virtual classes and counseling.
- QuitGuide free mobile app <https://smokefree.gov/tools-tips/apps/quitguide>
- <https://breathedc.org/cessation/>

DC Quitline

- Offers one-on-one support sessions with certified quit coaches by phone, text messages and online tools. Counseling support in several languages. DC residents 18 and older can access up to 8 weeks of nicotine replacement patches, gum or lozenges.
- 1-800-QUIT-NOW (1-800-784-8669)
- Spanish: 202-333-4488
- <https://quitnow.net/mve/quitnow?qnclient=dc>

Maryland Resources

Anne Arundel Health Department

- Provides a free quit smoking kit, support programs, apps and classes.
- 410-222-7979
- <https://www.aahealth.org/learntolive/choose-nicotine-free/quit-smoking-and-vaping-resources>

Baltimore County Tobacco Use & Cessation Program

- InControl Program
- 410-887-0565
- tobacco@baltimorecountymd.gov
- baltimorecountymd.gov/departments/health/health-services/substance-use/tobacco/index.html

Smoking Stops Here Maryland

- Many organizations provide classes, nicotine replacement products and support tobacco cessation
- <https://smokingstopshere.com/>

Maryland Tobacco Control Resource Center

- Provides free nicotine patches to callers who enroll in free telephone counseling for tobacco cessation. Live counselors 24/7 for teens, pregnant women and adults.
- 1-800-QUIT-NOW (1-800-784-8669)
- Deaf or hearing impaired 1-877-777-6534

Smoking Cessation Programs:

- List of insurance funded programs and other local resources to help Maryland become tobacco free <https://dbm.maryland.gov/benefits/pages/smokingcessationprograms.aspx>

To reach the Children's National Hospital Department of Social Work call **202-476-3070** or visit our website at childrensnational.org/visit/resources-for-families/family-services/social-work

DISCLAIMER: This list of resources is intended for informational purposes only and was up to date at the time of printing. It does not constitute endorsement by Children's National Hospital Department of Family Services-Social Work Services for any of the resources listed.

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Virginia Resources

Live Vape Free

- Free service provides professional support and advice to parents and teens.
- Text VapeFreeVA to 873-737
- <https://livevapefreeva.org/>

Quit Now Virginia

- Provides free and confidential information and coaching by phone or online and connects residents to nicotine replacement therapy or medication prescribed by healthcare providers
- 1-800-QUIT-NOW (784-8669)
- 1-855-DEJELLO-YA /1-855-335-3569 (Spanish)
- TTY 877-777-6534
- 13 years and older, interpreter services available for over 140 languages
- Online program: <https://quitnow.net/mve/quitnow?qnclient=Virginia>
- <https://www.vdh.virginia.gov/tobacco-free-living/quit-now-virginia/>

National Resources

Become an Ex

- Some employers, health insurance providers pay for this program designed to help participants become tobacco free.
- <https://www.becomeanex.org/>
- Spanish: <https://www.becomeanex.org/es/create-profile/>

American Lung Association

- *HelpLine and Tobacco Quit Line*: bilingual Spanish speaking and interpretation services for 250 languages. Counseling is free and there is no limit to the number of calls.
- 1-800-LUNGUSA (1-800-586-4872)
- *Freedom From Smoking Plus*: Online or app-based program to support adults become tobacco free. Free demo and download (\$99.95) <https://www.freedomfromsmoking.org/>
- *Find a local program*: <https://www.lung.org/quit-smoking/join-freedom-from-smoking/freedom-from-smoking-clinics?state=&category=freedom-from-smoking-clinic>

Live Vape Free for Teens

- Text VAPEFREE to 873-373 for free and confidential text program tips and support youth (13-17) to quit vaping Available in English and Spanish.

Live Vape Free Program

- Supports parents and other concerned adults learn more about how to help youth quit vaping, DC, MD and VA residents are eligible for this free service. Available in English and Spanish.
- <https://myquitforlife.com/mve/?client=LVFMD&clientId=11501449> or call 1-866-784-8454

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National Resources

NOT for ME

- Voluntary tobacco/vaping cessation program for teens ages 14-19. Not on Tobacco (NOT) includes 10 self-guided sessions to help teens break nicotine dependency from vape, smoke or other tobacco products.
- Call or email to find a local program
- 1-800-LUNGUSA (1-800-586-4872)
- NOT@lung.org
- <https://notforme.org/>
- <https://www.lung.org/quit-smoking/helping-teens-quit/not-on-tobacco>

QuitSTART App

- Free app (Android and iOS) helps teens become smokefree
- <https://smokefree.gov/tools-tips/apps/quitstart>

Quit VET

- **Tobacco QuitLine**
 - Available in English and Spanish
 - Monday-Friday, 9 a.m.-9 p.m.
 - 1-855-QUIT-VET (1-855-784-8838)
- **SmokefreeVET**
 - Tobacco text messaging program
 - Text VET to 47848 or visit www.smokefree.gov/VET to sign up for English.
 - For Spanish, text VETesp to 47848 or visit <https://veterans.smokefree.gov/tools-tips-vet/smokefreevetesp>
- **Stay Quit Coach**
 - VA interactive quit tobacco app available in Android and iOS
 - <https://mobile.va.gov/app/stay-quit-coach>

Smokefree TXT

- Mobile text messaging program provides tips, advice and encouragement
- Sign up by texting QUIT to 47848

Veterans Affairs

- Tobacco cessation counseling and medications are provided at all VA Medical Centers: <https://www.va.gov/directory/guide/home.asp>
- <https://www.mentalhealth.va.gov/quit-tobacco/how-to-quit.asp>

For more information, please contact the **Department of Family Services-Social Work Services** at 202-476-3070 or visit our resources page by scanning the QR code.

