











# MAINE RESOURCES

ORGANIZATION	SUMMARY	WEB/SOCIAL MEDIA
<p>Maine Tobacco HelpLine*</p> 	<p>General public information about quitting, including opportunities to self-refer to the Maine Tobacco Helpline.</p> <p>1-800-207-1230</p>	<p><a href="http://www.TheQuitLink.com">www.TheQuitLink.com</a></p> 
<p>Breathe Easy*</p> 	<p>Information on creating smoke and tobacco-free policies in housing, hospitals, colleges, behavioral health facilities.</p>	<p><a href="http://www.BreatheEasyMaine.org">www.BreatheEasyMaine.org</a></p> 
<p>This Is Quitting*</p> 	<p>'This Is Quitting', a free, confidential texting program through Truth Initiative which will provide teens and young adults with Maine-specific supportive messages.</p>	<p>Text MAINE to 88709</p> 
<p>Vape Free Maine (Maine CDC / Maine Prevention Services)</p> 	<p>Vaping: Don't Get Sucked In. Get the facts and know the dangers of vaping.</p>	<p><a href="http://www.VapeFreeMaine.com">www.VapeFreeMaine.com</a></p> 
<p>You Are the Target (Maine CDC / Maine Prevention Services)</p> 	<p>Big Tobacco is watching you. You are the target. Prove them wrong.</p>	<p><a href="http://www.YouAreTheTarget.com">www.YouAreTheTarget.com</a></p> 

\*Initiatives of MaineHealth Center for Tobacco Independence















Developed by MaineHealth Center for Tobacco Independence for use with the Sidekicks curriculum (March 2020). MaineHealth does not endorse any of these products/services but is providing them as a resource.

NOTE: A 2016 NAQC report states that, "The seemingly great potential of mobile apps to provide cost-effective treatment to large numbers of tobacco users has thus far not been realized. There is no evidence to date that mobile apps help tobacco users quit." [http://c.ymcdn.com/sites/www.naquitline.org/resource/resmgr/issue\\_papers/Quitline\\_Services\\_issue\\_pape.pdf](http://c.ymcdn.com/sites/www.naquitline.org/resource/resmgr/issue_papers/Quitline_Services_issue_pape.pdf)

## APPS FOR ANDROID & IPHONE

RESOURCE	SUMMARY	LINK
<b>SmokefreeTXT: Teen</b>	SmokefreeTXT is a mobile text messaging service designed for adults and young adults across the United States who are trying to quit smoking. The program was created to provide 24/7 encouragement, advice, and tips to help smokers quit smoking and stay quit.	<a href="https://teens.smokefree.gov/smokefreeTXT.aspx">teens.smokefree.gov/smokefreeTXT.aspx</a>
<b>quitSTART for Teens</b>	quitSTART is a free app made for teens who want to quit smoking, but adults can use it too. This app takes the information you provide about your smoking history and gives you tailored tips, inspiration, and challenges to help you become smoke-free and live a healthier life.	iTunes - <a href="https://apple.co/2FCdAmi">https://apple.co/2FCdAmi</a> Google Play - <a href="http://bit.ly/2rZvg9M">http://bit.ly/2rZvg9M</a>
<b>National Cancer Institute</b>	Get live help right now. The National Cancer Institute's LiveHelp service has real people who chat with you live, giving you information. Your chat is free and confidential. Hours: Monday - Friday, 8 a.m. to 11 p.m. ET (English only)	Chat support is available! <a href="https://livehelp.cancer.gov/app/chat/chat_launch">livehelp.cancer.gov/app/chat/chat_launch</a> 1-800-4-CANCER (1-800-422-6237)
<b>Tobacco Free Teens</b>	Do you smoke or do your friends smoke? Everyday thousands of teens throughout the world get hooked on tobacco. Whether you are a smoker wanting to quit or a non-smoker who would like to find out more, Tobacco Free Teens has something for everyone.	iTunes - <a href="https://apple.co/23F7Ehn">https://apple.co/23F7Ehn</a>
<b>Quitter's Circle</b>	Quitter's Circle helps you give up smoking and lead a smokefree life! Created by the American Lung Association and Pfizer, the app is developed with the goal of helping you increase your chances of quitting smoking.	iTunes - <a href="https://apple.co/2FzPokA">https://apple.co/2FzPokA</a> Google Play - <a href="http://bit.ly/2nz7vj1">http://bit.ly/2nz7vj1</a>
<b>Quit for Life</b>	The Quit for Life® app is designed specifically to help you quit smoking and stay quit for life. Available as a free download, it's a must have for all smokers in need of quitting support.	iTunes - <a href="https://apple.co/2zbfnzZ">https://apple.co/2zbfnzZ</a>
<b>No Butts</b>	Quitting smoking is hard - we get it. Whether you're trying to quit for the first time or you've been down this road before, the most important thing is to keep trying! And it wouldn't hurt to have some help along the way.	iTunes - <a href="https://apple.co/2nCMdBx">https://apple.co/2nCMdBx</a>

# NATIONAL RESOURCES

RESOURCE	SUMMARY	WEB/SOCIAL MEDIA
Americans for Nonsmokers Rights	Americans for Nonsmokers Rights website has information related to smoke-free spaces including maps and lists of state, community and organization policies and laws.	<a href="http://no-smoke.org">no-smoke.org</a>   
Keep it Sacred: The National Native Network	The mission of the National Native Network is to enhance the quality and performance of public health systems to reduce commercial tobacco-related illnesses and cancer disparities among American Indian and Alaska Native populations.	<a href="http://keepitsacred.itcmi.org">keepitsacred.itcmi.org</a>
The Real Cost Campaign	At some point in your life, someone probably told you not to use tobacco. Maybe it was your parents, your teacher, or a friend. We're not here to tell you what to do. "The Real Cost" gives you what you need to know – real facts, so you can make your own decision.	<a href="http://therealcost.betobaccofree.hhs.gov">therealcost.betobaccofree.hhs.gov</a>
Tobacco-Free Kids	The Campaign for Tobacco Free Kids provides information on tobacco facts and issues, including state profiles.	<a href="http://tobaccofreekids.org">tobaccofreekids.org</a>    
Truth Initiative	The Truth Initiative provides information on Truth campaigns, initiatives and addressing tobacco use and prevention.	<a href="http://truthinitiative.org">truthinitiative.org</a>   
United States Center for Disease Control & Prevention (CDC)	The CDC tobacco site includes information on the harms of tobacco, data, and links to campaigns, including "Tips from Former Smokers"	<a href="http://cdc.gov/tobacco">cdc.gov/tobacco</a>    
Smoke Free**	On this site you'll find support, tips, tools and expert advice to help you quit or someone you love quit smoking.	<a href="http://SmokeFree.gov">SmokeFree.gov</a>
Smokefree Teens**	This site is designed to help you understand the decisions you make—especially the decision to quit smoking—and how those decisions fit into your life.	<a href="http://teen.smokefree.gov">teen.smokefree.gov</a>
Be Smoke Free**	Provides information from various Department of Health and Human Services (DHHS) operating and staff divisions. Topics covered include: <ul style="list-style-type: none"> <li>• About Tobacco</li> <li>• Health Effects</li> <li>• Quit Now</li> <li>• Don't Start</li> </ul>	<a href="http://betobaccofree.gov">betobaccofree.gov</a>
This Free Life**	This Free Life is a campaign that works to prevent and reduce tobacco use among young adults who identify as lesbian, gay, bisexual, and transgender (LGBT).	<a href="http://thisfreelife.betobaccofree.hhs.gov">thisfreelife.betobaccofree.hhs.gov</a>

\*\*Initiatives of US Department of Health and Human Services (DHHS)