



QUIT WHEN YOU WANT,

HOW YOU WANT.

Do you want to quit smoking or vaping?

My Life, My Quit™ can help.

To get started, text "Start My Quit" to 36072*, sign up at az.mylifemyquit.org or call 855-891-9989.

*Message and data rates may apply.

Free Coaching

Think of your Quit Coach like a personal trainer. They'll work with you one-on-one to help you become the person you want to be. You can connect with your coach by phone, text or chat.

For the best chance at success, work with a quit coach:

- ✓ Free, confidential support.
- ✓ 24/7 live coaching.
- ✓ Phone, text or chat.
- ✓ Online tools and resources.

Tools and Resources

Get online support and a personal quit plan at az.mylifemyquit.org. Read insights from other teens about quitting tobacco and vaping. You can even sign up to get text messages to help keep you on track.

ASHLINE
Arizona Smokers' Helpline

MY LIFE MY QUIT™