

COMMERCIAL TOBACCO CESSATION RESOURCES

WASHINGTON STATE QUITLINE

The WA State Quitline provides one-on-one counseling via text, call, chat, or group counseling to those who are eligible. Participants (18+) are able to receive Nicotine Replacement Therapy to help their quit journey.

- TEXT "READY" TO 34191
- CALL 1-800-QUIT-NOW
- [HTTP://WWW.QUITLINE.COM/](http://www.quitline.com/)

[Live Vape Free/youth resources](#)

Currently available for adults concerned for youth vaping.

The program section available to youth who vape, and youth texting line launching **May 1, 2023**.

Specialty programs for those who identify:

- Youth
- Pregnant
- Behavioral Health condition



2MORROW HEALTH

2morrow Health provides private cessation counseling via the 2morrow Health app. All Washington residents are eligible to sign up! The app features interactive messaging with a coach.

[Click here for sign up link!](#)

Participants have access to:

- A library full of lessons
- Free NRT (those 18+)
- Messaging with coaches
- Tracking urges, progress, and access to the program for 12 months

Available programs:

- Youth Vaping (ages 13-17)
- Smoking/tobacco (ages 18+)
- Pregnancy Program
- Spanish Language Program

Additional External Resources:

- Tacoma Pierce County- [Virtual Cessation Support Group](#)
- Truth Initiative- [This is Quitting](#)
- Guide for quitting smoking- [CDC](#)
- Create my Quit Plan- [NIH](#)
- Freedom from Smoking- [American Lung Association](#)
- [Nicotine Anonymous](#)
- [Smoke free.gov](#)

