



The Maryland Tobacco Quitline now offers a **FREE** evidence-based Youth Cessation Program!

Approximately 90% of adult smokers began smoking before the age of 18. Young people often believe that quitting tobacco use will be easy; however, once addicted, teens may find that quitting is difficult and overwhelming, particularly if attempted on their own. Tobacco use in earlier years can lead to poor lung development and function, heart disease, and cancers – many of which present later in life. Therefore, quitting smoking is one of the most important steps a teen can take to improve their current and future health and quality of life. The **FREE** telephone-based counseling services offered through the **Maryland Tobacco Quitline** now assist teens with quitting tobacco use. New services are specifically tailored to youth needs.

The new specialized Youth Tobacco Use Cessation Program features:

- **Five** counseling calls provided weekly for youth who are ready to quit – *scheduled at times convenient for the caller.*
- Personalized counseling delivered by highly skilled Youth Quit Coaches®.
- Motivational interviewing techniques used specifically to determine the caller's readiness to quit, and when appropriate, to encourage teens to set a quit date.
- Comprehensive self-paced educational materials mailed directly to the caller's home, if desired.
- Discussion of triggers, stressors, peer influences, and exposure to second-hand smoke.
- Relapse prevention addressed through planning and preparation.

The Maryland Tobacco Quitline, 1-800-QUIT-NOW, provides **FREE** evidence-based tobacco use cessation counseling in English and Spanish and other languages via translation services to assist Marylanders with quitting tobacco use. The **Youth Cessation Program** provides an anonymous, non-judgmental service designed to help youth ages 13 to 17 to quit using tobacco. The Quitline is available **24 hours a day, seven days per week**. Youth in Maryland can enroll for **FREE** by calling the Quitline at 1-800-784-8669. Free promotional materials may also be ordered at www.SmokingStopsHere.com.

NOTE: *Though the Maryland Tobacco Quitline offers free Nicotine Replacement Therapy (NRT) to adults, these tobacco cessation medications are not FDA approved for youth and, as such, the topic is not proactively addressed with youth. If the subject is brought up by callers, they are referred to their physician for further discussion.*

TTY # 1-877-777-6534



The **Maryland Tobacco Quitline** is a free Service offered by The Maryland Department of Health and Mental Hygiene