



Several options are available for individuals who would like support in quitting tobacco products.

For additional information regarding any of the resources listed below, contact [tobaccofreeliving@lphi.org](mailto:tobaccofreeliving@lphi.org).

RESOURCES	SERVICES	QUALIFICATIONS
<p><b>QUIT WITH US, LOUISIANA</b></p> <p>Call 1-800-QuitNow Text <b>READY</b> to 34191 Visit <a href="http://QuitWithUsLa.org/Act">QuitWithUsLa.org/Act</a></p>	<ul style="list-style-type: none"> <li>▶ 1:1 coaching via call/text/online</li> <li>▶ Online support (chat, group, videos)</li> <li>▶ Welcome kit/guide</li> <li>▶ Medications/quitting aids/nicotine patches (available to users 18+)</li> <li>▶ Encouragements and reminders sent via email/text</li> <li>▶ Referrals to local tobacco quit services</li> <li>▶ Support for quitting tobacco products, including cigarettes, dip, chew, vape products, etc.</li> <li>▶ Available 24/7</li> </ul>	<p>Louisiana residents Ages 13+ for coaching services;* Ages 18+ for medication services</p> <p><small>*ages 13-17 offered text and online coaching services</small></p>
<p><b>LIVE VAPE FREE</b></p> <p>Text <b>VAPEFREE</b> to 873373</p>	<ul style="list-style-type: none"> <li>▶ Text-based cessation coaching</li> <li>▶ Videos, quizzes, and podcasts used as aides to support cessation efforts</li> <li>▶ Individualized content and coaching</li> <li>▶ Support to quit vape use</li> <li>▶ Available 24/7</li> </ul>	<p>Louisiana residents ages 13-17</p>
<p><b>LOUISIANA TOBACCO CONTROL INITIATIVE (TCI)</b></p> <p>Call 1-866-457-QUIT (7848) Email <a href="mailto:LATCI@lsuhsc.edu">LATCI@lsuhsc.edu</a> Visit <a href="http://www.LATCI.org">www.LATCI.org</a></p>	<ul style="list-style-type: none"> <li>▶ Inpatient/group behavioral cessation counseling</li> <li>▶ Counseling done by phone/a virtual setting</li> <li>▶ Self-help materials</li> <li>▶ Referrals and resources</li> <li>▶ Support for quitting tobacco products, including cigarettes, dip, chew, vape products, etc.</li> </ul>	<p>Louisiana residents ages 18+</p>

[www.tobaccofreeliving.org](http://www.tobaccofreeliving.org)  
[www.healthierairforall.org](http://www.healthierairforall.org)  
[www.wearenextera.org](http://www.wearenextera.org)  
[www.quitwithus.org](http://www.quitwithus.org)

