



**WHAT WOULD
YOU GAIN
IF YOU QUIT?**

Text "Start My Quit" to
855-891-9989.

Free, confidential help.
Just for teens.

MY LIFE  MY QUIT™

HOW WE CAN HELP

Get the truth about vaping, smoking and other tobacco products so you're not in the dark. If you decide you want to quit, we have the tools you need to be successful.

My Life, My Quit is always 100% free and confidential.

- Text your quit coach or call for support.
- Get text messages that give you a boost while you quit.
- Learn how to cope with stress in healthy ways.
- Find out why your body craves nicotine.
- Get tips and the support you need to quit for good.

**It's YOUR LIFE and YOUR QUIT.
Text or call 855-891-9989
Learn more: mylifemyquit.com**

To reorder brochures, visit kdheks.gov/tobacco/cessation.html

My Life, My Quit is a program of the Kansas Department of Health and Environment.