

Treatment Resources - ENDS

Maine-based Resources

The Maine Tobacco Helpline
1-800-207-1230



Free telephonic counseling service



Supports youth and adult tobacco product users with evidence-based treatment



Nationally Certified Counselors

The Maine Tobacco Helpline is a free, telephonic counseling service for people looking to become tobacco and nicotine-free. The helpline can also be a resource for school personnel such as school nurses who may be looking for support for students interested in quitting.

To connect with the Maine Tobacco Helpline online, visit TheQuitLink.com. This website contains data, resources, facts about tobacco use, a click-to-call option and online enrollment opportunities for the Maine Tobacco Helpline.



National Resources



The Truth Initiative supports innovative and free text message programs, and tailors content by age group to give teens and young adults appropriate recommendations about quitting.

It also serves as a resource for parents looking to help their children who now vape.

Available Resources

 To access the new e-cigarette quit program, users can text "QUIT" to (202) 804-9884

 This is Quitting-Text to Quit

 BecomeAnEx

More Resources to Come

We want to acknowledge there are still many unmet needs for schools to adequately address e-cigarette use within their student population, and are committed to learning more about what is needed before further resources are developed.

In late Spring 2019, the Maine CDC and MaineHealth Center for Tobacco Independence will be hosting forums across the State to solicit school and community input on additional resource needs.

Additionally, information can be provided through email and will be consolidated into findings from the forums. For more information, contact us at Tobaccopreventionservices@mainehealth.org

For more information and other ENDS resources, visit: www.ctimaine.org/resources



MAINE
PREVENTION
SERVICES

Maine Center for Disease Control & Prevention
Department of Health and Human Services