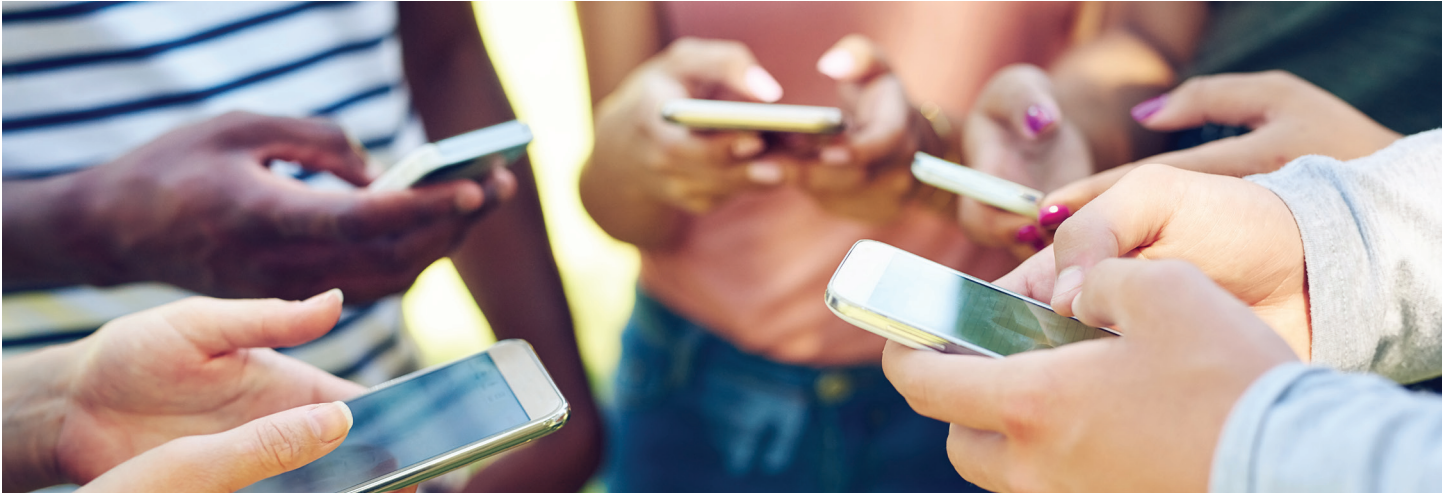




**THE MAINE QUITLINK** answers questions and offers friendly support to all Maine people, including those under 18, who are thinking about quitting or ready to quit smoking or vaping, and those who want to help a friend or family member quit.



### Text Support to Quit Vaping

- Text tips to deal with cravings, stress, and slips.
- 100% confidential and free.
- Available 24/7.

Text **MAINE** to **88709** to sign-up

### Phone and Web Quit Support

- Choose the option that's right for you including Phone Coaching, Web Coaching or Individual Services.
- Free and confidential.

Connect at **1-800-QUIT-NOW**  
or **MAINEQUITLINK.COM**

## QUITTING IS POSSIBLE

No one has to go it alone. No matter what your quit journey looks like, we have the tools to support you.



**MAINE  
PREVENTION  
SERVICES**

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