

# RESOURCES

ORGANIZATION	SUMMARY	GET CONNECTED
	<p>My Life, My Quit is a program for young people ages 13-17 who want help to quit all forms of commercial tobacco, including vaping. Teens can call, text, or chat online for free with a coach for support.</p>	<p>Text "Start My Quit" to 36072 Call 855-891-9989 <a href="http://www.MyLifeMyQuit.com">www.MyLifeMyQuit.com</a></p>
	<p>Maine QuitLink offers free quit support for Mainers 18+ looking to stop smoking, vaping, or using other tobacco and nicotine products.</p>	<p>1-800-QUIT-NOW <a href="http://www.MaineQuitLink.com">www.MaineQuitLink.com</a></p> <p>  </p>
<p>Vape Free Maine</p> 	<p>Vaping: Don't Get Side Effected. Get the facts and know the dangers of vaping.</p>	<p><a href="http://www.VapeFreeMaine.com">www.VapeFreeMaine.com</a></p> <p> </p>
<p>You Are the Target</p> 	<p>Big Tobacco is watching you. You are the target. Prove them wrong.</p>	<p><a href="http://www.YouAreTheTarget.com">www.YouAreTheTarget.com</a></p> <p>  </p>
<p>Keep it Sacred: The National Native Network</p>	<p>The mission of the National Native Network is to enhance the quality and performance of public health systems to reduce commercial tobacco-related illnesses and cancer disparities among American Indian and Alaska Native populations.</p>	<p><a href="http://KeepItSacred.itcmi.org">KeepItSacred.itcmi.org</a></p>
<p>Campaign for Tobacco-Free Kids</p>	<p>The Campaign for Tobacco Free Kids provides information on tobacco facts and issues, including state profiles.</p>	<p><a href="http://TobaccoFreeKids.org">TobaccoFreeKids.org</a></p> <p>  </p>
<p>Truth Initiative</p>	<p>The Truth Initiative provides information on Truth campaigns, initiatives and addressing tobacco use and prevention.</p>	<p><a href="http://TruthInitiative.org">TruthInitiative.org</a></p> <p> </p>