

# Free Massachusetts Resources to Help Quit Nicotine

## [1-800-QUIT-NOW | mass.gov/quitting](https://mass.gov/quitting)

- Free and confidential phone coaching service to help you quit tobacco — whether cigarettes, e-cigarettes, chew, or other tobacco or nicotine products.
- Judgment-free phone, email, and text support to help you stay on track. You can receive automated emails and text messages tailored to the product you use and your readiness to quit. You can also receive materials and track your quit progress online.
- Help with making a quit plan that is right for you. Quit coaches can offer advice on medicines and how to get through cravings. With coaching AND medicine, you are more than two times as likely to quit for good.
- Support if you've already quit and need help staying nicotine-free.

## How does 1-800-QUIT-NOW work?

- You must be a Massachusetts resident, 12 years of age or older for any coaching program, and 18 years of age or older to receive quit medicines, such as nicotine replacement therapy (NRT).
- You are eligible for one intake call to get to know you and up to five coaching calls to help you with your quit journey.
- Residents can place unlimited calls for support; eCoach (via online chat) programs are also available.
- If you meet certain medical eligibility requirements, up to eight weeks of NRT is provided FREE of charge after speaking with a quit coach. Either patches, gum, or lozenges are shipped directly to your home.
- Friends and family, providers, educators, professionals, and others can call with questions to support a loved one along their quit journey.
- Your health care provider may also refer you to 1-800-QUIT-NOW through a service called Quitworks.
  - If your health care provider refers you to 1-800-QUIT-NOW, you will receive an initial call within 24-48 hours to get started on your quit journey.
- For more information on what to expect visit [mass.gov/quitting](https://mass.gov/quitting).

Call **1-800-QUIT-NOW**  
(1-800-784-8669)  
or enroll online at  
**mass.gov/quitting**

- Available 24/7  
(holiday hours may vary)
- English, Spanish, and Arabic-speaking coaches
- Spanish speakers may call **1-855-DÉJALO-YA** (1-855-335-3569) directly to speak with a Spanish-speaking coach
- Interpretation services are available for 200 languages for most programs
- Referrals made to the Asian Smokers' Quitline (Chinese, Korean, and Vietnamese) ([asiansmokersquitline.org](https://asiansmokersquitline.org))

To order or download free materials about quitting nicotine/tobacco, visit the Massachusetts Health Promotion Clearinghouse at [mass.gov/MAClearinghouse](https://mass.gov/MAClearinghouse).

## Specialized Support From 1-800-QUIT-NOW

### For residents who use menthol products

- If you indicate you use menthol tobacco products, you may be eligible for an incentive program (based on availability):
  - You will receive up to five coaching calls, the first three of which are included in the incentive program.
  - You will receive \$10 after completing the first coaching call, \$15 after the second coaching call, and \$25 after the third coaching call (gift cards).
  - You must complete coaching calls via telephone to receive the gift card(s), even if you enroll online.
- Up to eight weeks of nicotine replacement therapy is provided FREE of charge after speaking with a quit coach if you meet certain medical eligibility requirements.
  - Either patches, gum, or lozenges are shipped directly to your home.
- If you are enrolled in the Menthol Incentive Program, you may also receive services under the Behavioral Health Program (*see back*).

### For pregnant people

- You will receive up to nine coaching calls: five during pregnancy and four after birth (postpartum).
- You will have the same dedicated quit coach for all calls.
- You can earn up to \$65 on a Mastercard gift card just by participating.
- Automated text messaging, email support, and tailored materials are available.

## American Indian Commercial Tobacco Program

- If you identify as American Indian, you can enroll in the American Indian Commercial Tobacco Program.
- You can access services through a dedicated phone number (1.855.5A.I.QUIT) and website ([aiquitline.com](http://aiquitline.com)).
- General Inquiry Chat allows you to reach staff to ask general questions of the program.
- You will receive up to 10 coaching calls with dedicated American Indian quit coaches.
- Up to eight weeks of nicotine replacement therapy is provided FREE of charge after speaking with a quit coach if you meet certain medical eligibility requirements.
  - Either patches, gum, or lozenges are shipped directly to your home.
- Automated text messaging and email support is available.

## Behavioral Health Program

- You are eligible for the Behavioral Health Program if you match the following criteria:
  - Self-report having at least one of the following behavioral health conditions: anxiety, depression, schizophrenia, bipolar disorder, ADHD, PTSD, or substance use disorder
  - Are 18 years or older at intake
- You will receive up to seven coaching calls.
- Up to eight weeks of nicotine replacement therapy is provided FREE of charge after speaking with a quit coach if you meet certain medical eligibility requirements.
  - Either patches, gum, or lozenges are shipped directly to your home.
- Written materials are only available in English at this time.

## Program for youth who use tobacco or vape (My Life, My Quit™)

- The program provides tailored, confidential support for youth 12–17 years old.
- You can benefit from a coaching model that is youth-specific and developmentally appropriate with specially trained Youth Coach Specialists (YCS).
- You will receive up to five coaching sessions by phone, live texting, or online chat.
- You can opt in for automated text messages designed for your age group and tailored by type of tobacco use and readiness to change for anytime support or countdown to quit.
- Text “Start My Quit” to 36072, call 1-855-891-9989, or visit [mylifemyquit.com](http://mylifemyquit.com) to take the first step.
- Participants receive a certificate of completion at the end of the program.

## Program for young adults who use tobacco or vape

- 1-800-QUIT-NOW provides tailored, confidential support for young adults 18-24.
- You have access to the features of 1-800-QUIT-NOW, with the addition of live text coaching.
- You can opt in for automated text messages designed for your age group and tailored by type of tobacco use and readiness to change for anytime support or countdown to quit.
- Text “Start My Quit” to 36072, call 1-800-QUIT-NOW or visit [mass.gov/quitting](http://mass.gov/quitting) to take the first step.

For more information and online resources, visit [mass.gov/quitting](http://mass.gov/quitting)

## Additional Resources For Quitting

- **Asian Smokers’ Quitline (ASQ):** Free quitting services in Chinese, Korean, and Vietnamese to Asian communities in the U.S.
  - ASQ is open Monday through Friday, 10am – 12 midnight (Eastern time) or sign up online: [asiansmokersquitline.org/smokers](http://asiansmokersquitline.org/smokers)
  - **Chinese:** 1-800-838-8917, [asq-chinese.org](http://asq-chinese.org)
  - **Korean:** 1-800-556-5564, [asq-korean.org](http://asq-korean.org)
  - **Vietnamese:** 1-800-778-8440, [asq-viet.org](http://asq-viet.org)
  - To learn more about ASQ (in English), visit: [asiansmokersquitline.org](http://asiansmokersquitline.org)
- **1-855-QUIT-VET:** Free coaching to any Veteran who receives health care through the VA.
- **Nicotine Anonymous:** Nicotine Anonymous (“NicA”) is a non-profit 12-step fellowship of people helping each other live nicotine-free lives. For more information and to find a local meeting, visit [nicotine-anonymous.org](http://nicotine-anonymous.org)
- [Smokefree.gov](http://Smokefree.gov)
- [Centers for Disease Control and Prevention’s Quit Smoking resources](http://CentersforDiseaseControlandPrevention.org/quit-smoking-resources)
- [American Cancer Society](http://AmericanCancerSociety.org)
- [American Heart Association](http://AmericanHeartAssociation.org)
- [American Lung Association](http://AmericanLungAssociation.org)
- [Order free materials from the Massachusetts Health Promotion Clearinghouse](http://OrderfreematerialsfromtheMassachusettsHealthPromotionClearinghouse.org)

### For youth:

- **This is Quitting** powered by **truth®** is a free and confidential texting program for young people who vape. Text **VapeFreeMass to 88709** to get started (ages 13-24).
- Additional information and resources are available through [teen.smokefree.gov](http://teen.smokefree.gov)



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