I AM A QUITTER

WARNING: Quitting is habit-forming.

Free help

To quit: text EXPROGRAM to 88709. It's free and confidential for anyone 13 or older.

Idaho teens 13 to 17: text Start My Quit to 36072 or call 1-855-891-9989 for a free coach.

Under 13: talk to your counselor, the school nurse or a parent.

Adults: call 1-800-QUIT-NOW.

Anything bigger: call or text 988.

Earn the word

Color in one letter of QUITTER for every day you stay nicotine free. By day four it says quit.

Start a letter

Write it to someone you want around for a long time.

Dear

_____

Something I love doing with you

_____

Something I want you there for

_____

You don't have to hand it over.

Finish it at iamaquitter.com

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