



YOU DON'T  
HAVE TO BE A  
ROCKSTAR...

[teen.smokefree.gov](http://teen.smokefree.gov)

...YOU JUST HAVE TO BE YOU.



## SmokefreeTXT

**Quitting: on your phone,  
on your terms.**

Sign up to receive text messages that deliver 24/7 encouragement, advice, and tips to help you stop smoking for good.

**Sign up online or text QUIT to  
IQUIT (47848).**



## QuitSTART

A free iPhone app that features quit tips, mood management tools, a cravings tracker, a way to monitor your quit attempts, and community support.

**Download the free app today!**



*NIH...Turning Discovery into Health*

**Connect with quit tools  
at [teen.smokefree.gov](http://teen.smokefree.gov)**

