YOU DON'T HAVE TO BE A ROCKSTAR...
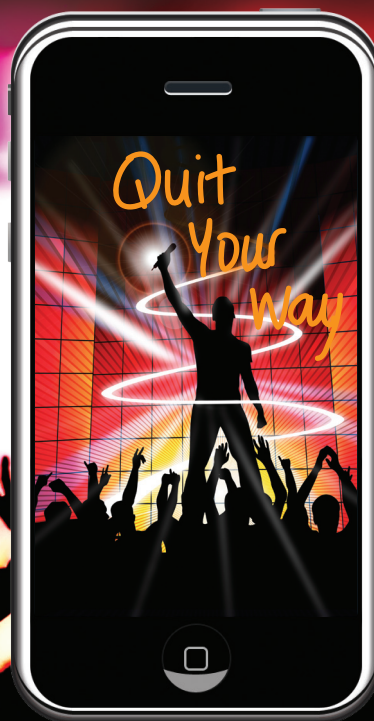
teen.smokefree.gov

...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