

Ready to quit?

Set goals and take control of your health!

Writing down your quit goals can make you more successful.

1. **Set a quit date.** This is the date you want to be completely free from tobacco, usually two to four weeks in the future.

2. **Think about the reasons you want to quit.** Who are you quitting for? Understanding your motivations will strengthen your willpower.

3. **How will quitting improve your life?** List the reasons and keep them close to remind yourself of the benefits.

4. **Identify potential obstacles,** like cravings or peer pressure. How will you overcome them?

5. **What people or support systems** might be able to help you on your journey?

Our Services



24/7 Quitline access to all Nebraskans (excluding some holidays).



Free help offered regardless of health insurance.



Coaching, information, and resources designed to help you quit.



Services available in over 200 languages.



Free 'quit smoking medication' starter kits for qualified participants.

NEBRASKA
TOBACCO
QUITLINE

NEBRASKA
TOBACCO
QUITLINE

1-800-QUIT-NOW
(784-8669)

1-855-DÉJELO-YA
(335-3569)

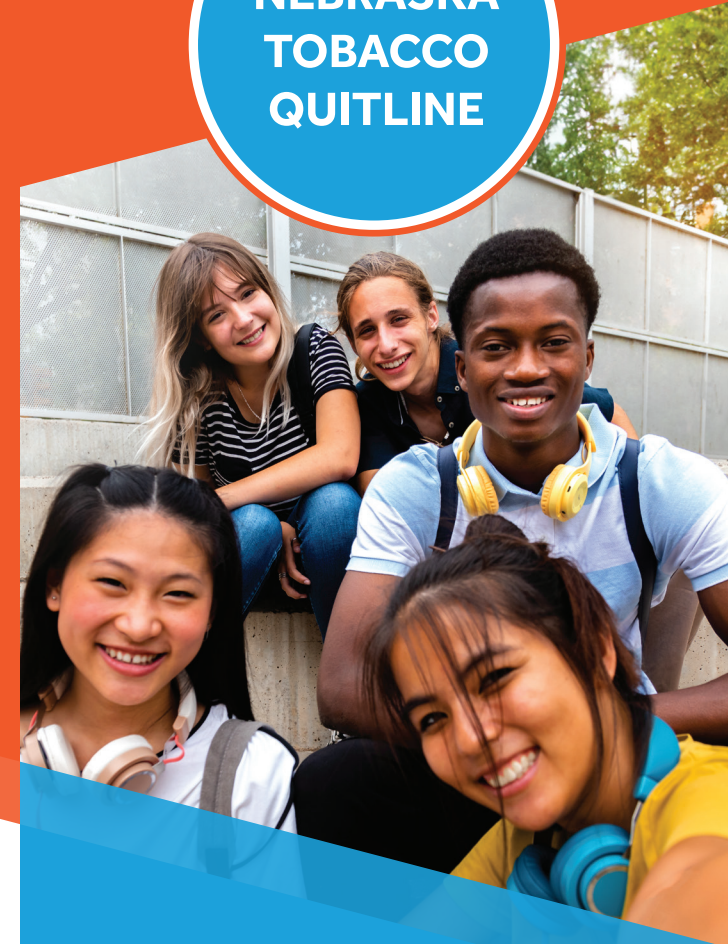
Text **START MY QUIT** to **36072**
or **DÉJELOYA** to **333888**

QuitNow.ne.gov



Nebraska Department of Health & Human Services
Division of Public Health | Tobacco Free Nebraska

Updated October 2023



Clear the Air:
Your Path to a Tobacco-Free Future

QuitNow.ne.gov

Vaping is *dangerous* to your health, the environment and others around you.

Vaping affects everyone

E-cigarette aerosol is far from harmless water vapor. It contains nicotine, flavorings and toxic chemicals, including heavy metals. Inhaling and exhaling this aerosol puts both you and those around you at risk, including your friends, loved ones and even pets.

Flavors make it easier to start

Vape flavors are designed to encourage young people to start using tobacco products.

Quitting can improve your mental health

E-cigarettes contain nicotine, which can alter your brain and lead to mood changes. Quitting can lower levels of anxiety, depression and stress and improve your overall quality of life.

Environmental impact

E-cigarettes are not biodegradable, and pose a serious threat to the environment because they contain metal, circuitry, disposable plastic cartridges, batteries and toxic chemicals. Only 8% of youth e-cigarette users properly dispose of products through e-waste facilities.

E-cigarettes are battery-powered devices that usually contain a nicotine-based liquid that is vaporized and inhaled. You may also know them as vapes, e-cigs, vape pens, e-hookahs or mods. Although “e-cigarette” is used throughout this brochure, the term refers to all of these devices.

Contact the Nebraska Tobacco Quitline for support on your journey.



Call 1-800-QUIT-NOW (784-8669)



Text **START MY QUIT** to 36072



Visit QuitNow.ne.gov

Chat online, via text or over the phone with a quit counselor who is trained to help people quit tobacco.



Receive free sessions with a quit coach.



Get support through phone, text or online chat.



Get appointment text reminders.

Youth do not need parental permission to enroll in text coaching. If you're under 19, parental consent is required to participate in phone and web coaching services. Youth who are 18+ may be eligible to receive quit medication through the Nebraska Tobacco Quitline with parental consent. Youths under 18 are not eligible to receive medication.

How to ask for support.

You're more likely to succeed on your quitting journey if there are people around you to lean on.

Think about someone you'd feel comfortable opening up to.

- A friend
- Parent or guardian
- Teacher or coach
- Healthcare professional
- Another trusted adult
- Nebraska Tobacco Quitline

Set up a time to talk.

Engage in a calming activity, like taking a walk, before reaching out for support.

Think of a way to start the conversation.

- “Can I tell you about something that’s been troubling me?”
- “Vaping is making my anxiety worse. Would it be ok if we set up a time to talk once a week on the phone?”
- “I think it’s time for me to get help. Can you help me call the Quitline?”

Congratulate yourself, and KEEP TRYING.

Remember, quitting is a journey. It may take multiple attempts to quit, but each one gets you closer to your goal. Don't give up! You are not alone.

