

Several options are available for individuals who would like support in quitting tobacco products. For additional information regarding any of the resources listed below, contact [tobaccofreeliving@lphi.org](mailto:tobaccofreeliving@lphi.org).

RESOURCE	WHAT SERVICES ARE OFFERED?	WHO QUALIFIES?
<b>Quit With Us, Louisiana</b>  <b>Call 1-800-QuitNow</b> <b>Text READY to 200-400</b> <b>Visit <a href="https://www.QuitWithUsLa.org/Act">QuitWithUsLa.org/Act</a></b>	<ul style="list-style-type: none"> <li>▶ 1:1 live coaching calls</li> <li>▶ Web Coaching</li> <li>▶ Text Coaching</li> <li>▶ Welcome kit/guide</li> <li>▶ Medications/quitting aids/nicotine patches (available to users 18+)</li> <li>▶ Encouragements and reminders sent via email/text</li> <li>▶ Referrals to local tobacco quit services</li> <li>▶ Support for quitting tobacco products, including cigarettes, dip, chew, vape products, etc.</li> <li>▶ Available 24/7</li> </ul>	Louisiana residents Ages 13+ for coaching services; Ages 18+ for medication services
<b>Live Vape Free</b>  <b>Text VAPEFREE to 873373</b>	<ul style="list-style-type: none"> <li>▶ Text-based cessation coaching</li> <li>▶ Videos, quizzes, and podcasts used as aides to support cessation efforts</li> <li>▶ Individualized content and coaching</li> <li>▶ Support to quit vape use</li> <li>▶ Available 24/7</li> </ul>	Louisiana residents ages 13 - 17
<b>Louisiana Tobacco Control Initiative (TCI)</b>  <b>Call 1-866-457-QUIT (7848)</b> <b>Email <a href="mailto:LATCI@lsuhsc.edu">LATCI@lsuhsc.edu</a></b> <b>Visit <a href="https://www.LATCI.org">www.LATCI.org</a></b>	<ul style="list-style-type: none"> <li>▶ Inpatient/group behavioral cessation counseling</li> <li>▶ Counseling done by phone/a virtual setting</li> <li>▶ Self-help materials</li> <li>▶ Referrals and resources</li> <li>▶ Support for quitting tobacco products, including cigarettes, dip, chew, vape products, etc.</li> </ul>	Louisiana residents ages 18+
<b>Smoking Cessation Trust</b>  <b>Call 504-529-5665</b> <b>Call Toll Free 1-855-259-6346</b>  <b>Email <a href="mailto:Service@SmokingCessationTrust.org">Service@SmokingCessationTrust.org</a></b> <b>Visit <a href="https://www.smokingcessationtrust.org">www.smokingcessationtrust.org</a></b>	<ul style="list-style-type: none"> <li>▶ Inpatient and outpatient cessation programs</li> <li>▶ Multi-week smoking cessation programs</li> <li>▶ Reimbursement for medications and therapies</li> <li>▶ Resources and referrals</li> <li>▶ Support for quitting tobacco products, including cigarettes, dip, chew, vape products, etc.</li> </ul>	Louisiana residents who began smoking before September 1, 1988  No new enrollments following July 11, 2022. Existing enrollees will continue to receive services.