

RESOURCES

1. For Adolescents

- [SmokeFreeTeen](#) – Quit Vaping
- [Vaping: Surfer Alex Gray](#)
- [Quitting vaping?](#) - Here are 5 tips for handling nicotine withdrawal
- [Truth Initiative](#) - Texting counseling program offering assistance and guiding to resources series of daily messages to help set a quit date, give encouragement, tips and tools for how to quit.
- [My Life My Quit](#) - Text "Quit" to (855) 891-9989 or call to talk with a coach.

2. For Clinicians

- [Update: Interim Guidance for Health Care Providers for Managing Patients with Suspected E-cigarette, or Vaping, Product Use–Associated Lung Injury — United States, November 2019](#)
- [Outbreak of Lung Injury Associated with E-Cigarette Use, or Vaping](#) - Check back regularly for updates.
- [NIH Hooked On Nicotine Checklist \(HONC\)](#)
- [E-Cigarettes and Vaping: What Clinicians Needs to Know](#)
- [Know the Risks. Health Care Professionals: Education Your Young Patients About the Risks of Ecigarettes](#)
- [Electronic nicotine delivery systems \(ENDS\) for Physicians](#)
- [CDC About Electronic Cigarettes](#)
- [Quick Facts on the Risks of E-cigarettes for Kids, Teens, and Young Adults](#)
- [Quick Facts about E-Cigarettes](#)
- [Drug Facts: E-cigarettes](#)
- [Symptoms of Nicotine/Tobacco Withdrawal \(That Vapers May Experience\)](#) - Infographic