**Vaping Cessation Programs**

Spring is a great time to quit vaping. The health benefits of quitting can been felt within the first 48 hours. This is often a motivator to help youth get through the first 24 hours of withdrawal symptoms. Most teens benefit from a combination of in-person support and online support. In-person support offers time to check in and brainstorm the practical application of tools and skills. The online programs offer personalized tips, tools and trackers. There are many different cessation programs that are available to youth and many have accompanying parent support. Programs are free and can be tailored with a combination of text messages, emails and coaching phone calls. Below are two great options.

<https://truthinitiative.org/thisisquitting>

<https://www.mylifemyquit.com/en-us/tobacco-nicotine/tobacco-targets-teens/>

If you would like additional resources and support please reach out to Candi Davenport at cdavenport@relatemn.org.