

# SECTION 9: CESSATION AND SUPPORT

Because nicotine dependence can start early in an adolescent's use of tobacco products, cessation resources should be offered to the student beginning at the first offense.

No one can be forced to quit. Quitting is a choice that must be made by a tobacco user, whether student or staff. Research has shown that most teen smokers do want to quit but have been unsuccessful in their previous attempts.

New methods of cessation support using media that youth use most often, like texting and the Internet, are now available. Online support, telephone counseling and text messages can all provide valuable support for teens who would like help with quitting.

## FREE CESSATION RESOURCES FOR STUDENTS AND ADULTS

- **Quit Now NM**  
1-800-QUIT-NOW (1-800-784-8669) // 1-855-DEJELLO-YA (1-855-335-3569) // QUITNOWNM.COM // DEJELLOYANM.COM. Quit Now NM is the Department of Health's free quitline to help New Mexicans quit tobacco. Participants receive:
  - Services for youth and adults
  - Free nicotine patches, gum or lozenges, as appropriate
  - Programs for all tobacco users
  - Unlimited sessions with a trained quit coach
  - Free personal quit plan
  - Free self-help materials
  - All services available in English and Spanish.
- **Smokefree Teen (Sft)**  
[www.Teen.Smokefree.gov](http://www.Teen.Smokefree.gov)  
This site is a joint project of the U.S. Department of Health & Human Services, National Institutes of Health, National Cancer Institute (NCI), and USA.gov. It features teen images and language, and offers text messages, quizzes, comics, live chat with an NCI counselor, links to state quit lines, and more.
- **SmokefreeTXT**  
<http://Smokefree.gov/SmokeFreeTxt> // Text START to 47848 to get started  
SmokefreeTXT is a mobile text messaging service designed for adults and young adults across the United States who are trying to quit smoking. The program was created to provide 24/7 encouragement, advice, and tips to help smokers quit smoking and stay quit.

## OTHER COUNSELING RESOURCES

Many high schools in New Mexico have school-based health centers that provide behavioral health services to students. To find a school-based health center near you, visit <http://www.nmasbhc.org>.