

FREE YOURSELF FROM SMOKING & VAPING

NYS Smokers' Quitline:

For free nicotine patches and one-on-one chat, call 1-866-NYQUITS (1-866-697-8487) or visit nysmokefree.com.



Text-Based Program:

Text-message and telephone-based cessation program with individual counseling and NRT, available in English or Spanish, led by cessation experts at the Wilmot Cancer Institute.

Commit To Quit! via Zoom:

A virtual group program at the Center for Community Health & Prevention that is designed to help you find your path toward freedom from smoking and vaping.



Young Adults & Teens:

An anonymous text messaging program to help young people quit vaping, text "DROPTHEVAPE" to 88709 to join "This is Quitting," sponsored by the Truth Initiative.