



Thinking about **QUITTING** tobacco or vaping?

**Metro Health's SA Kids BREATHE/EXHALE
team can help!**

Texas DSHS Quitline

Phone-based counseling, no cost
nicotine replacement therapy, self-help

1-877-YES QUIT

The Truth Initiative

Anonymous text-to-quit program
for youth

Text "DITCHJUUL" to 88709

American Lung Association Lung Help Line & Tobacco Quit Line

Phone-based counseling

1-800-LUNG-USA

QUITXT

Text-message quit support,
educational videos, and testimonials

Text "iquit6" to (844) 332-2058

For more information call the EXHALE Team at (210) 207-8758.



**METROPOLITAN
HEALTH DISTRICT**

