

Become An EX

Expert guidance for quitting vaping and tobacco.

Digital program created by Truth Initiative with online tools, personalized plans, and community support.



Scan to access



Kick It California

Free coaching and quit-vape support for Californians.

Get one-on-one coaching and personalized plans via phone, text, or chat. Services available in English and Spanish, and more.



Scan to connect with a coach



This Is Quitting

Text-based support to help you stop vaping.

Free, confidential text program designed for young adults (13–24). Get daily tips, motivation, and support.



Scan or text "VAPEFREE" to 88709
(or DEJELO for Spanish)



Tools To Stay Vape-Free

Free federal resources to support your goals.

Tools, text programs, and apps to help manage cravings and stay vape-free. Includes the quitSTART mobile app.



Scan for apps and online resources

smokefree.gov