



Tobacco Cessation Resources

Adult Tobacco Cessation Resources

Louisiana Tobacco Quitline (1-800-QUIT-NOW): is available 24 hours per day, 7 days a week, and incorporates evidence-based strategies for tobacco cessation. The Louisiana Quitline provides telephone and web-based tobacco cessation coaching to all Louisianans, including nicotine replacement therapy (NRT), web and text messaging support, printed materials, and referral to community resources. For more information, please call **1-800-QUIT-NOW**, text **"READY"** to **34191**, or visit quitwithusla.org.

Quit With Us, Louisiana: The website, quitwithusla.org, includes resources for those seeking to quit tobacco, as well as for those wanting to help our residents quit. Quit With Us, Louisiana provides links for both residents and healthcare providers to access the benefits of quitting, web enrollment into the Louisiana Quitline, and the support line numbers for the Louisiana Quitline.

Youth-Focused Tobacco Cessation Resources Available to Louisiana Residents

Live Vape Free: The Live Vape Free youth texting program is free and available for teens ages 13 to 17. The program offers multimedia activities that includes videos, quizzes, self-assessments, flip cards, and podcasts. The support is text message based and will provide personalized and interactive coaching. Youth will also have access to a personal Quit Coach at any time by texting the word "Coach." The quit coaches will provide education, tools, and guidance to help youth initiate and sustain a quit attempt. Youth can enroll into the Live Vape Free program by texting **"VAPEFREE"** to **873373** to get started.

The Louisiana Tobacco Quitline Youth Support Program: The Youth Support Program (YSP) through the Louisiana Tobacco Quitline is a behavioral support service tailored to fit the needs and unique challenges faced by youth tobacco users. The Youth Support Program is free for all youth callers ages 13-17 and serves all types of tobacco users. Youth callers will receive 10 telephone or web coaching sessions. All calls will be completed with the same quit coach, who is trained in youth support. Visit www.quitwithusla.org, text **"READY"** to **34191**, or call **1-800-QUIT-NOW** to refer your patient or for more information.

Unfiltered Facts: Unfiltered Facts is a judgement-free nicotine prevention and cessation resource where teens can learn the straight facts about nicotine and get resources to quit. Unfiltered Facts empowers youth to make informed decisions around nicotine and tobacco use. Unfiltered Facts can be accessed at unfilteredfacts.com.



Tobacco Intervention Healthcare Provider Resources

Brief Tobacco Intervention Online Training: The Brief Tobacco Intervention (BTI) Training will teach you effective ways to approach your patients and provide assistance for quitting tobacco. Participants will receive one hour of CME credit upon completion. To access the training, please visit wellaheadla.com/BTI.

Connect2Quit Referral Program: The Connect2Quit program is an easy referral tool to connect patients who are ready to quit directly to the Louisiana Tobacco Quitline. Once providers complete the Connect2Quit training, they are certified to submit a patient referral directly to the Quitline via fax or web portal. To access the training, please visit wellaheadla.com/connect2quit.

The Connect2Quit Referral Fax Form will be sent to providers following the completion of the Connect2Quit training. To access the Connect2Quit Provider Referral Web Portal, please visit wellaheadla.com/quitline-provider-referral-web-portal.

E-Cigarette Online Training: In this training, providers will learn how to screen, treat and respond specifically to youth e-cigarette use. Participants will receive one hour of CME credits upon completion. To access the training, please visit wellaheadla.com/e-cigarette.

Tobacco Cessation Community Resources

Well-Ahead Louisiana Community Resource Guide allows you to find local resources for topics like breastfeeding, diabetes, healthy eating, physical fitness, stress management and tobacco cessation. To search for tobacco cessation resource available in your community, please visit wellaheadla.com/CRG.