

Connecticut Department of Public Health  
Tobacco Control Program | August 2024  
Connecticut's Free Tobacco Cessation Resources



Service	CT Quitline operated by National Jewish Health*	My Life My Quit™ operated by National Jewish Health*	This is Quitting operated by Truth Initiative*
Website	<a href="http://committoquitCT.com">committoquitCT.com</a>	<a href="http://vapefreeCT.org">vapefreeCT.org</a>	
Cost	FREE!		
Ages	18 and over	13 to 17+	13 to 24
Call	1-800-QUIT-NOW	1-855-891-9989	Not available
Text	Optional with enrollment	START MY QUIT to 36072	VAPEFREEECT to 88709 or DEJELOCT to 88709
Coaching	Live support by phone or online chat.	Live support by text, online chat, or phone.	Automated support by text.
Hours	24 hours a day / 7 days a week		
Duration	5 coaching sessions**	5 coaching sessions**	60 days or more
Medications	Patch, gum, lozenge**	Not available	Not available
Service Success	Evidence shows that counseling services significantly increase your chances of a successful quit compared to trying to quit on your own.		

\*Programs and materials are available in Spanish. Hearing-impaired services and translators are available at no cost for more than 200 additional languages for Quitline Services.

+Parental consent required for anyone under the age of 13.

\*\*Additional resources available for those who are uninsured, pregnant, under age 25, or on Medicare.

\*\*Eligibility for free NRT is determined by a Quit Coach during enrollment.

For More Information, Contact:

Connecticut Department of Public Health | Tobacco Control Program

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[DPHTobacco@ct.gov](mailto:DPHTobacco@ct.gov) or visit: [www.ct.gov/DPH/Tobacco](http://www.ct.gov/DPH/Tobacco)

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