

Navigate Your Journey to Mental Wellness and a Tobacco-Free Life

Free Quit Smoking/Vaping Services for Youth in Orange County



1.866.newlung

- 1-866-639-5864
- In-person, telephone, or virtual counseling



NEW LUNG WEBSITE



- Services and resources for the LGBTQ+ community



LGBTQ CENTER OC WEBSITE

KICK/IT California

- Chat by phone, text, or mobile app
- Text "Quit Smoking" to 66819
- Download the app by scanning the QR code below



QUIT SMOKING & QUIT VAPING APPS
AVAILABLE ANDROID AND APPLE



- Text "DITCHVAPE" to 88709



TRUTH INITIATIVE WEBSITE

quitSTART

- Text "quit" to 47848
- Download the quitSTART app by scanning the QR code below



DOWNLOAD THE
QUICKSTART APP
AVAILABLE ANDROID
AND APPLE





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Free Mental Wellness Resources for Youth in Orange County



OC NAMI Warmline

- Call or text: 714-991-6412
- Scan the QR to chat



National Domestic Violence Hotline

- Call: 800-799-SAFE (7233)
- Text: START to 88788
- Scan the QR to chat



Crisis Text Line

- Text: HOME to 741741
- Scan the QR to chat



OC Links

- Call: 855-625-4657
- Scan the QR to chat



ASKING FOR
HELP
IS OK

Visit OC Navigator at:
<https://ocnavigator.org/m/ocn>