

# Smoking Information

## Resource Sheet for Adolescents and Adults

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### General Information

- [MedlinePlus: Risks of Tobacco](#)
- [MedlinePlus: Marijuana](#)
- [NIH: Cannabis Use Disorder](#)
- [CDC: About E-Cigarettes \(Vapes\)](#)

### Steps to Stop



### Adolescents

- [SmokeFree: Become A Smokefree Teen](#)
- [AAP: Youth Tobacco Cessation Toolkit](#)
- [CDC: Cannabis and Teens](#)
- [CDC: Why Youth Vape](#)



### Adults

- [CDC: Smoking Cessation: Fast Facts](#)
- [CDC: E-Cigarette use among U.S. Adults](#)
- [CDC: Understanding Your Risk for Cannabis Use Disorder](#)
- [Cleveland Clinic: Marijuana](#)
- [988 Suicide & Crisis Lifeline: Call or Text 988](#)
- [FindTreatment.gov](#)
- Quitlines-Free quit help:
  - 1-800-QUIT-NOW (1-800-784-8669)
- In Spanish:
  - 1-855-DÉJEO-YA (1-855-335-3569)
- In Asian languages:
  - Mandarin and Cantonese: 1-800-838-8917
  - Korean: 1-800-556-5564
  - Vietnamese: 1-800-778-8440

### Additional Resources