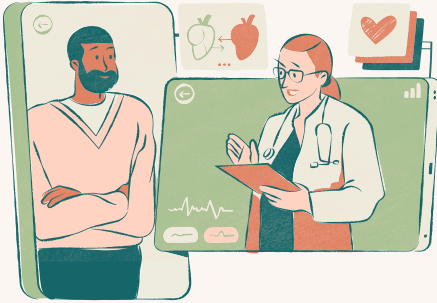


Smoking Information

Resource Sheet for Adolescents and Adults

Last Updated: 1/7/2026



General Information

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

Steps to Stop

- [CDC: Vaping and Quitting](#)
- [CDC: How to Quite Smoking](#)
- [AAC: How to Quit Smoking Weed \(Marijuana\)](#)



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](#)



Additional Resources

- [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-DÉJELO-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