Connecticut Department of Public Health
Tobacco Control Program | November 2025
Connecticut's Free Tobacco Cessation Resources

	COMMIT TO QUIT	vapefreect	
Service	CT Quitline operated by National Jewish Health*	My Life My Quit™ operated by National Jewish Health*	EX Program® operated by Truth Initiative*
Website	committoquitCT.com	vapefreeCT.org	
Cost	FREE!		
Ages	Adults (18+)	Youth (13-17)	Young Adults (13+)
Call	1-800-QUIT-NOW	1-855-891-9989	Not available
Text	Optional with enrollment	START MY QUIT to 36072	VAPEFREECT to 88709 or DEJELOCT to 88709
Coaching	Live support by phone or online chat.	Live support by text, online chat, or phone.	Automated text and support in an online community or a virtual event
Hours	24 hours a day / 7 days a week		
Duration	5 coaching sessions**	5 coaching sessions**	60 days or more
Medications	Free patch, gum, lozenge+	Not available	Discounted gum, lozenge, toothpicks for ages 18+
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.

**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
410 Capitol Avenue, PO Box 340308, MS #11HLS
Hartford, CT 06134-0308
DPHTobacco@ct.gov or visit: www.ct.gov/DPH/Tobacco

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