

READY TO QUIT VAPING?

Try This Is Quitting, a free, text-to-quit program.

CONFIDENTIAL HELP.

Your quitting journey stays between you and TIQ.

ADVICE FROM REAL PEOPLE.

You'll receive tips and motivation from TIQ's built-in support system of successful quitters.

24/7 SUPPORT.

TIQ is there whenever you need help with stress, slips, or cravings — no matter the time of day.

FREE OF CHARGE.

TIQ is completely free, so you can focus on quitting, not costs.

**YOU ARE
WORTH IT**

**TEXT [VAPEFREENJ](https://www.tobacco-free-nj.gov) TO [88709](https://www.tobacco-free-nj.gov) TO JOIN THE GROWING WAVE OF
YOUNG PEOPLE GETTING HELP FROM THIS IS QUITTING.**

