

**My Life My Quit**  
*Youth Tobacco/Nicotine Cessation*

**What it is:** Free, evidence-based cessation treatment in telephone/web format for youth under 18. (Note: If 18+, register through [waytoquit.org](http://waytoquit.org) or call 1-800-QUIT-NOW.)

**What participants can expect:**

- Call or sign up online & complete a short intake
- Participate in 5 proactive phone or web-based sessions with a coach
- Work with coach to
  - develop a quit plan
  - learn about nicotine
  - understand tobacco/vaping triggers
  - manage cravings & stress
  - get back on track after relapses
- Continued access to help, even after sessions and court process are finished.

**PARTICIPANT INSTRUCTIONS:**

1. Enroll online at [MyLifeMyQuit.org](http://MyLifeMyQuit.org), call 1-855-891-9989, or text "Start My Quit" to 855.891.9989.

*(NOTE: If 18+, register through [waytoquit.org](http://waytoquit.org) or call 1-800-QUIT-NOW.)*

2. Participants must choose the coaching option (phone+online) for court referrals.
3. When all sessions are complete, participants provide a copy of their completion certificate to the court or other referring entity.

**Contact Bear River Health Department 435-792-6510 with any questions.**

**REFERRING AGENCY INSTRUCTIONS:**

**Please fill this out and email to [aparker@brhd.org](mailto:aparker@brhd.org) to help assess program reach.**

<i>Date of Referral:</i> _____	<i>Referred by:</i>
<i>Age of Participant:</i> _____	<input type="checkbox"/> <i>Juvenile Court</i>
<i>Referrer's Initials:</i> _____	<input type="checkbox"/> <i>School (please specify)</i> _____
	<input type="checkbox"/> <i>Self, parent, or friend</i>
	<input type="checkbox"/> <i>Other (please specify)</i> _____