

# Smoking Cessation Resources

## QUIT WITH US, LOUISIANA

Call 1-800-QuitNow  
Text READY to 34191  
Visit [QuitWithUsLa.org/Act](http://QuitWithUsLa.org/Act)

## LIVE VAPE FREE

Text VAPEFREE to 873373

## LOUISIANA TOBACCO CONTROL INITIATIVE (TCI)

Call 1-866-457-QUIT (7848)  
Email [LATCI@lsuhsc.edu](mailto:LATCI@lsuhsc.edu)  
Visit [www.LATCI.org](http://www.LATCI.org)

## LA Quitline Services

1. Quit with us, Louisiana. (LA)
2. Live Vape Free (LA Based)
3. Louisiana Tobacco Control Initiative (LA)

## Austin Resources

1. SmokefreeTXT
2. Texas Quitline
3. Nicotine Anonymous



## National Resources

1. Outlast Tobacco – a Quitline specifically built for LGBTQ+ individuals.
2. SmokefreeSGM – a research project and text based Quitline

# Mental Health Resources

## LA Services

1. LA Trans Advocates has a provider resource list.
2. Well Ahead LA

## National Resources

1. The Trevor Project
2. National Alliance on Mental Illness

WELL-AHEAD

Community Resource Guide

» Community Resource Guide

