

RESOURCE GUIDE

Highlights

- Individuals can self-refer by calling the Quitline at 1-800-QUIT-NOW (784-8669) or enrolling online at [YouCanQuit.org](https://www.youcanquit.org).
- Individuals can also be referred by a provider, organization, or employer using the Online Referral Portal below. A Fax referral form can be downloaded [here](#) and **faxed to 1-800-261-6259**.
- Providers, schools, and other youth-serving organizations can refer youth 13-17 to My Life My Quit using a designated [online form](#). Youth can also enroll themselves through text, web or phone.
- Nicotine replacement therapy (NRT) is available for adults if eligible.
- NRT is not available for those under the age of 18.
- Beyond the standard services provided, individual services such as Pregnancy and postpartum, Behavioral Health, American Indian and Young Adult are available that provide additional support.
- Participants in the Pregnancy and postpartum opt-in program will receive cash incentives for **completed** pregnancy and postpartum calls as well as a designated female coach for their journey.
- My Life My Quit materials can be co-branded with your organizations logo. Reach out if interested.
- Missouri Tobacco Quit Services (MTQS) and My Life My Quit are coaching-based programs and are **not** module based.

1 Recording of Q&A Webinar

<https://health.mo.gov/living/wellness/tobacco/smokingandtobacco/provider-resources.php>

2 Online Referral Portal

<https://missouri.quitlogix.org/en-us/health-professionals/make-a-referral/>

3 Adult Cessation Website

[YouCanQuit.org](https://www.youcanquit.org)
1-800-QUIT-NOW (784-8669)

4 Youth Cessation Website

[MyLifeMyQuit.org](https://www.mylifemyquit.org)
Text "Start My Quit" to 36072

5 Continuing Education Portal

<https://quitlogixeducation.org/missouri/>

6 Free My Life My Quit Promotional Materials

<https://mo.mylifemyquit.org/en-us/resources/free-promotional-materials/>

7 Missouri Tobacco Quit Services

<https://health.mo.gov/living/wellness/tobacco/smokingandtobacco/tobaccocontrol.php>

8 Free Social Media Content

<https://health.mo.gov/living/wellness/tobacco/smokingandtobacco/social-media.php>

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