


Nebraska Tobacco Quitline Youth Referral FAQs



**NEBRASKA
TOBACCO
QUITLINE**

What is the Nebraska Tobacco Quitline, and who can use it?

Nebraskan youth under the age of 18 are eligible for free coaching through the Nebraska Tobacco Quitline to help with quitting tobacco products, such as e-cigarettes. School nurses and other administrative staff can refer youth to the Quitline, and a quit coach will reach out to them to start their quitting journey, or youth can call **1-800-QUIT-NOW**, visit [QuitNow.ne.gov](https://www.QuitNow.ne.gov) or text **STARTMYQUIT** to **36072** to register for services.

What is the process of sending a referral?

The referral process is covered in the document [Quitline Referral Program Instructions](#).

How does the Quitline help an adolescent who is vaping quit?

Quitline coaches can provide support through all stages of quitting, everything from "I'm thinking about quitting," to "I quit but I'm having a bad craving and need support." This includes products like vapes, cigarettes, nicotine pouches, cigars and smokeless tobacco.

Can school staff refer a student to the Nebraska Quitline, or do you have to be a healthcare provider?

Healthcare providers or school staff (teachers, counselors, coaches, administrators) may refer students to the Nebraska Tobacco Quitline.

Can the Quitline help youth who use marijuana in vapes?

No, the Quitline only focuses on tobacco-based products.

Is there a minimum age to participate in the Nebraska Quitline?

No, there is no minimum age to participate. However, participants under the age of 19 need parental consent to participate.

Do I need a parent's consent to refer a child to the Quitline?

No, parental consent is not required in order to make a referral. However, consent is required for youth to enroll in coaching.

How does the Quitline obtain parental consent for participation?

Consent for participation in Quitline services is given by a parent or guardian over the phone during enrollment.

Where can I go to find more information?

Visit www.QuitNow.ne.gov/providers for free continuing education courses, a web and fax referral form, to order free brochures and materials.

Visit [QuitNow.ne.gov/providers](https://www.QuitNow.ne.gov/providers) for web and fax referral forms, continuing education courses, and free brochures and promotional materials.

1-800-QUIT-NOW (784-8669) | **1-855-DÉJELO-YA** (335-3569)

Youth can text **STARTMYQUIT** to **36072**.

Quitline services are available 24/7 in over 200 languages.

