



<http://www.smokefree.gov/>

Quitting: on your phone, on your terms.

About SmokefreeTXT

SmokefreeTXT is a free mobile service designed for young adults across the United States. SmokefreeTXT was created to provide 24/7 encouragement, advice, and tips to help smokers stop smoking for good.

Signing up is quick and easy – and FREE!

There are 2 ways to sign up:

1. Text the word QUIT to IQUIT (47848) from your mobile phone, answer a few questions, and you'll start receiving messages.
2. Click the button to the right to sign up, answer a few questions, and you'll start receiving text messages.

If you pay for individual texts, this program may not be for you.* Check with your mobile provider.

If you're not trying to quit smoking but you are interested in seeing how SmokefreeTXT works, we invite you to sign up. But first, please send an email for instructions on how to sign up.

*If you don't have unlimited texts and would still like to participate, you can control the number of messages you receive by texting in any of the appropriate keywords. You do not need to opt in to the program to use this feature, and you will only receive messages from us when you want them.

These messages will still count toward your monthly text message allotment.

Smokefree TXT

Frequently Asked Questions

Need some extra support to get you through the day? Luckily, SmokefreeTXT isn't a one-way street! Send us a text whenever you need an extra boost. You can use these keywords anytime. The support you need is only a text message away!	
Keywords	When do I use this?
CRAVE	Having a bad craving & need a reminder of why you shouldn't pick up that cig? Text CRAVE to: 47848
MOOD	Having a rough day & need a positive message sent your way? We could all use a little boost sometimes. Text MOOD to: 47848
SLIP	Slip up? That doesn't mean you have to start from the beginning! Get the extra encouragement to keep on going. Text SLIP to: 47848
STOP	Want to stop receiving messages? No matter what your reason, you can opt out of our program whenever you want. Text STOP to: 47848. You can sign up again at any time by visiting our website!

Who is eligible?

This program is designed for teens who are quitting smoking, but anyone at least 13 years old with an unlimited texting plan on their mobile phones can sign up. If you don't have unlimited texts, you can still sign up, but please contact your mobile phone company for text message rates.

How long does the program last?

You can sign up for SmokefreeTXT up to one month before your designated quit date. The text program lasts for six weeks following your quit date. We may also follow up a month or two later with to see how you're doing.

What do the messages say?

Here are some sample messages:

"Wow, 2 weeks smokefree! Have you rewarded yourself for not smoking? Use your extra cash for that new app, music, movie, or concert tickets."

"What makes you wanna smoke? Stress? Boredom? Parties? Write down your top 3 smoking triggers. Knowing ur triggers is the only way to avoid them!"

"Nicotine is just as addictive as heroin or cocaine. It tricks your mind & body into thinking you need it. Good thing you know you don't."

How do I sign up?

Visit <http://smokefree.gov/smokefreetxt> and click on the "sign up here" button. Or sign up from your mobile phone! Send a text message with the word QUIT to iQUIT (47848), answer a few questions, and you'll start receiving text messages from SmokefreeTXT.

Can I "opt out" if I don't like SmokefreeTXT?

Sure, just reply to one of our messages with STOP. Or, you can send STOP at anytime to iQUIT (47847) and the messages will end.

Do I need my parent's permission?

No, as long as you are at least 13 years old, you just need a mobile phone capable of sending and receiving text messages. If you pay for individual texts, this program may not be for you.

If I have more questions, can I speak to someone?

You can email us at NCISmokefreeTeam@mail.nih.gov. Or if you have questions specific to quitting smoking, you can call the NCI Quitline (1-877-44U-QUIT) and talk to a smoking cessation counselor. It's free and anonymous.

Is there a cost to sign up?

The SmokefreeTXT program is FREE! However, if you pay for individual texts, this program may not be for you.

What if I don't have an unlimited text messaging plan? Can I still participate?

You bet! We have designed this program to give you the kind of support you want, while controlling the number of text messages you receive from us. You do not need to fully opt in to SmokefreeTXT to send us a keyword message at any time. Without signing up, teens can text WANT, BOOST, or UHOH to iQUIT (47847) at any time to receive supportive messages from SmokefreeTXT. You don't even have to text STOP to opt out of this option, just simply stop sending keyword texts, and you'll receive no more messages from us.

What kind of information will I have to provide to sign up?

SmokefreeTXT collects mobile phone number, specified quit date, age range, gender, how often you smoke, and if your mobile phone has Internet capabilities. This information is used to enroll you into the

messaging service and to personalize your experience. No information is used for any commercial purposes.

What if I want to start over and pick a new quit date?

No problem. We will automatically ask you a status question every week that will give you the option to keep going or start over. If you want to pick a new quit date or start from the beginning of the program, simply sign up again at <http://smokefree.gov/smokefreetxt>. You can also opt out at any time by texting STOP to (202) 618-4419. Even if you choose to opt out, you can always sign back up by visiting <http://teen.smokefree.gov/smokefreetxt>—even on the same day!

Will SmokefreeTXT ever call me?

SmokefreeTXT will never call you. Your mobile number is used solely for the purpose of the text messaging program. Any information you provide will be kept confidential. No one else can or will contact you or try to sell you anything. Your mobile number will not be shared with any third party.

Will you ever identify me by my mobile phone number?

SmokefreeTXT will not be able to identify you by your mobile number. Once you sign up for our program, your phone number is masked before it's entered into the database. This means that not even our SmokefreeTXT team can see your mobile number.

What if I change my mobile number?

If you change your mobile number between the time you sign up for our program and six weeks after your quit date (the end of the program), you will need to sign up again on our website. We apologize for this inconvenience!

Still have questions? Contact us at: NCISmokefreeTeam@mail.nih.gov

[Privacy Policy](#) | [Terms of Service](#)

A dark blue banner with white text. The text reads "Quit Smoking TODAY!" in a large, bold, sans-serif font, with "TODAY!" being significantly larger than "Quit Smoking". Below this, in a smaller, lowercase, sans-serif font, it says "we can help". On the right side of the banner, there is a decorative, light blue, swirling line graphic.

Quit Smoking
TODAY!
we can help