

The Minnesota Department of Health's [Quit Partner](#)[™] programs provide free quit-nicotine support to Minnesota residents.

“Get free support to quit smoking, vaping, or chewing from Quit Partner programs. Visit [QuitPartnerMN.com](#) or call 1-800-QUIT-NOW. You can get free coaching, quit medications (ages 18+) like nicotine patches and gum, and more. Free help is available for Minnesota teens and adults.”

Other Resources:

- [Quit Partner](#)[™] is here for all Minnesota adults ages 18 and up who want to quit smoking, vaping, or chewing. Quit Partner offers specialized programs for those with [mental illnesses and substance use disorder](#), as well as for [people who are pregnant or planning to be](#). Call 1-800-QUIT-NOW (1-800-784-8699) or visit [QuitPartnerMN.com](#). Teens/young adults ages 13-24 can also text “Start” to 36072.
- The [American Indian Quitline](#) is offers a dedicated team of American Indian coaches who understand and respect American Indian cultures and traditions. Get free help to quit smoking, vaping, or chewing. Call 1-833-9AI-QUIT (1-833-924-7848) or visit [aiquit.com](#).
- [My Life, My Quit](#)[™] is here for Minnesota teens ages 13-17 who want to quit vaping, smoking, or chewing. Free, confidential help. Just for teens. Text “Start” to 36072 or visit [MyLifeMyQuit.com](#).