FELING OUT OF CONTROL WAS PINGE NICOTINE?



Vaping nicotine can make you worry more, feel nervous, and make your heart beat faster.

Nicotine is highly addictive.

This is how the tobacco industry keeps you hooked.

QUIT VAPING TODAY! Text: DropTheVape to 88709



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HELP

List the reasons why you want to quit vaping.

TIPS

Just think of quitting for today and take it day by day.

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QUIT VAPING TODAY

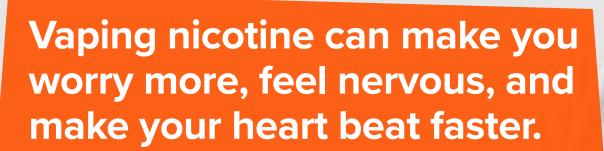
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Get free, 24/7 confidential support and advice from other young people. This will help you stay strong.



Department of Health

LOSE YOUR ADDICTION TO VAPING



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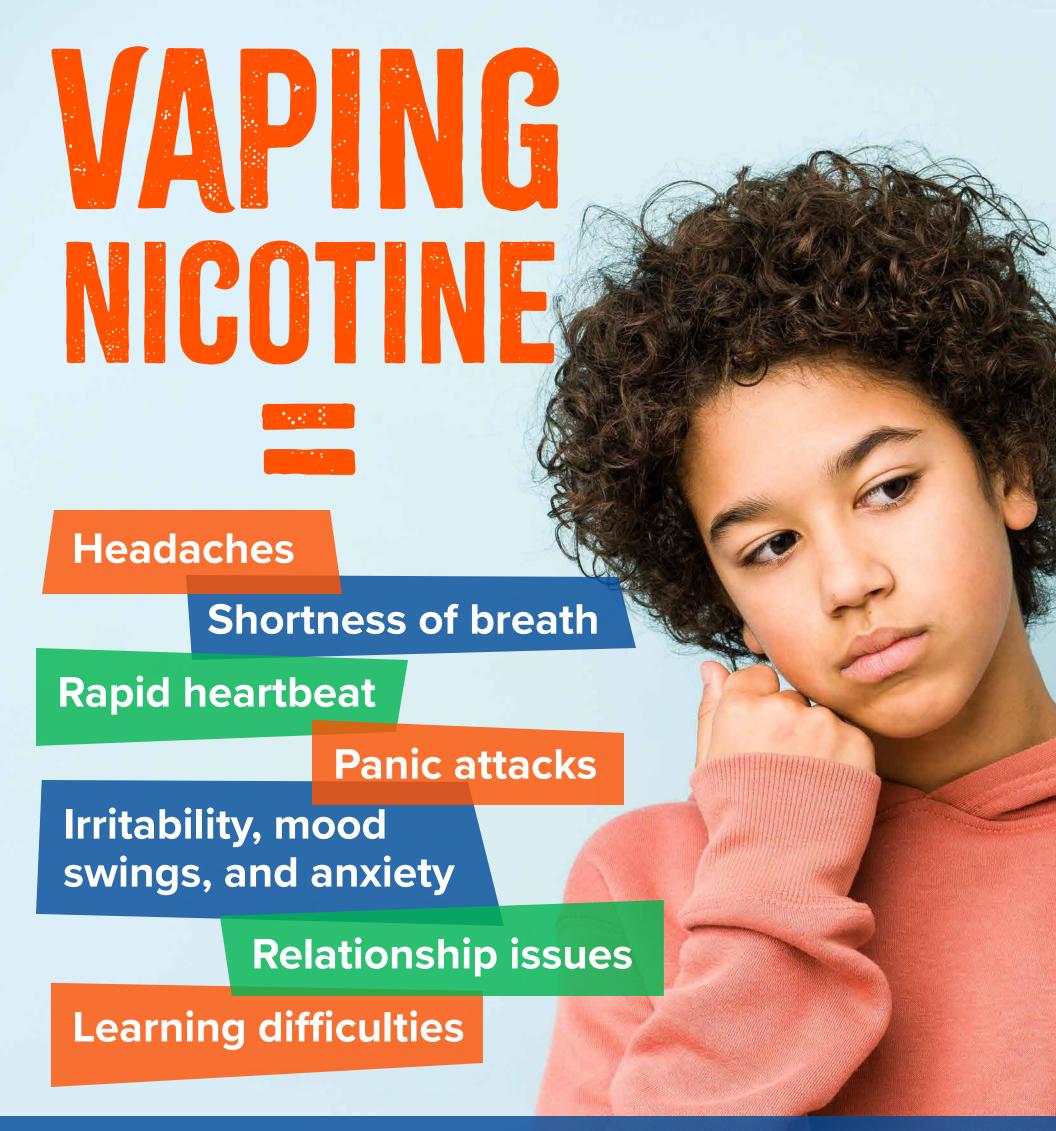
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21606





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21608





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