

THINKING ABOUT QUITTING VAPING?

We can help!

**Finding out why you vape
is a good place to start.**

It's all confidential.

GET HELP TODAY!

Text: DropTheVape to 88709

to join This is Quitting, a program for
teens and young adults – ages 13-24.

READY TO QUIT VAPING?

Specialized Quit Coaches
are a phone call away.

We offer free, confidential
support to help you.

Stop vaping, smoking,
or using other
forms of tobacco.

GET HELP!

Call the NYS Smokers' Quitline at
1-866-697-8487.



Department
of Health