

FEELING ALONE VAPING?

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

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



Department
of Health