

# VAPING WHEN YOU FEEL ANXIOUS?

## HELP

List the reasons why you want to quit vaping.

## TIPS

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

**QUIT VAPING TODAY!**

**Text: DropTheVape to 88709**

Get free, 24/7 confidential support and advice from other young people, and motivation to keep you strong.



Department  
of Health