

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. This will help you stay strong.



Department
of Health