

# VAPING NICOTINE



Headaches

Shortness of breath

Rapid heartbeat

Panic attacks

Irritability, mood swings, and anxiety

Relationship issues

Learning difficulties

## 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