

FEELING OUT OF CONTROL VAPING NICOTINE?



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

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

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

BREAK FREE OF NICOTINE ADDICTION!

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

LOSE YOUR ADDICTION TO 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

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



LUNGS BURNING?

OUT OF BREATH?

TROUBLE FOCUSING?

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**