

THINKING ABOUT QUITTING VAPING?



We can help!

Finding out why you vape
is a good place to start.

It's all confidential.

QUIT VAPING TODAY!

Text: DropTheVape to 88709

to join This is Quitting, a program for
teens and young adults – ages 13-24.

WANT TO TALK ABOUT IT? WE'LL LISTEN.



Specialized Quit Coaches are a phone call away. We offer free, confidential support to help you stop vaping, smoking, or using other forms of tobacco.

Get help. Call the NYS Smokers' Quitline at
1-866-697-8487.



Department
of Health