

# FEELING OUT OF CONTROL VAPING NICOTINE?

Vaping nicotine can increase your stress, anxiety, and depression.

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, and motivation to keep you strong.



Department  
of Health

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Department  
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# 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.

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# BREAK FREE OF NICOTINE ADDICTION!

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# LOSE YOUR ADDICTION TO VAPING

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# VAPING NICOTINE



Headaches

Shortness of breath

Rapid heartbeat

Panic attacks

Irritability, mood swings, and anxiety

Relationship issues

Learning difficulties

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**LUNGS BURNING?**

**OUT OF BREATH?**

**TROUBLE FOCUSING?**

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