

GET HELP QUITTING VAPING BY VISITING THESE APPS

POPULAR QUIT VAPING APPS FOR TEENS

*SOME APPS MAY REQUIRE
PURCHASE



QUIT VAPING

Provides many resources that have been proven to help people stop vaping. Created the first ever Buddy System, where you and a friend can quit together and track each other's progress.



PUFF COUNT

Dedicated to help you quit vaping. The app keeps track of your puffs and nicotine intake to make quitting easier.



SMOKE FREE

Includes tools such as: daily missions, quit coach chatbot, and three different stop smoking programs. Helps with cravings, and getting through difficult situations. Includes info on how long you've been smoke free, how much money you've saved, how your health is improving, and more.



ESCAPE THE VAPE

This app tracks the number of days your lungs are smoke-free and how much money you have saved so you can put those dollars toward something better.



QUIT VAPING ADDICTION CALENDAR

Create your own reasons to quit vaping, use a counter to track your progress down to the second, distractions section will help you take your mind off of vaping, motivational quotes and testimonials will ensure that you are not alone, and more.



**District Health
Department #10**
Healthy People, Healthy Communities

