

THINKING ABOUT QUITTING..... VAPING?

When you haven't vaped for a while, do you:

*Check all that apply

Have a strong craving to vape?

Feel nervous or anxious more often?

Feel angry, irritable, or restless?

Have trouble concentrating?

Feel like you need to vape to feel better?

Find yourself more forgetful?

If you said yes to one or more of these, you
may be hooked on nicotine.

You CAN quit. Here are some resources to help.

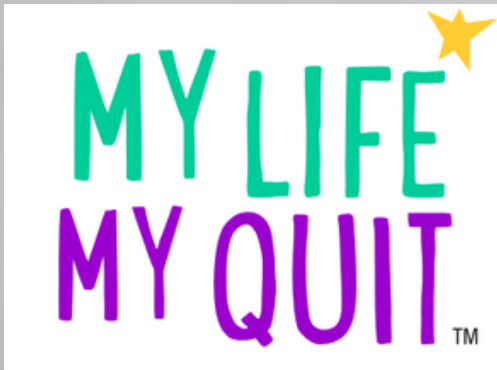
QUIT VAPING: RESOURCES FOR YOUTH



This is Quitting:

truthinitiative.org/thisisquitting

Powered by truth® is a free and confidential texting program for young people who vape. Teens and young adults can join for **free by texting DITCHVAPE to 88709**



My Life, My Quit:

mylifemyquit.org/index

My Life, My Quit™ is the free and confidential way to quit smoking or vaping. **Text "Start My Quit" to 36072** or click to chat with a Coach



smokefree**teen**

Smokefreeteen:

teen.smokefree.gov

Visit smoke free teen for tools and tips to help you quit



This flyer brought to you by:
The Leeward Initiative-

Mason County Substance Use Prevention Coalition



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The Leeward Initiative