

THINKING ABOUT QUITTING **VAPING?**

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

- Have a strong craving to vape?
- Feel nervous or anxious?
- Vape in places you're not supposed to?
- Have trouble concentrating?
- Feel like you need to vape to feel better?
- Feel angry, irritable, or restless?

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

You can quit. We have resources to help.



QUIT VAPING: RESOURCES FOR YOUNG PEOPLE

- **This is Quitting** powered by **truth**[®] is a free and confidential texting program for young people who vape. Text **VapeFreeMass** to **88709** to get started!
- **My Life, My Quit**[™] has youth coach specialists trained to help young people by phone or text. Call or text **Start My Quit** to **855-891-9989** for free and confidential help. For more information or to sign up online, visit **mylifemyquit.com**.
- Visit **teen.smokefree.gov** for tools and tips to help you quit.
- **Ask for help** from your school nurse or counselor, athletic coach, doctor, parent or other trusted adult.



For more information,
visit **mass.gov/vaping**

Massachusetts
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