



Straight Facts, No Cap!

Vaping can increase anxiety and depression symptoms, especially in young brains. You can change this by taking control of your own breath! Here's what life looks like after you stop vaping: better lung health, lower chances of heart attacks and strokes, and better mental health. Do it for the plot!

As your body is adjusting to less or no nicotine, you may experience vape withdrawal. Here's what might be happening in your brain and body:

- Headaches
- Irritability
- Cravings
- Difficulty concentrating
- Anxiety
- Fatigue/trouble sleeping

No shade, this may lowkey take a while, but you can start to make the change today!

Be the GOAT,
use these skills to cope!

- Take a walk, work out, or play a sport.
- Listen to music, read a book, or watch a movie.
- Deep breathing or coloring
- Talk to a friend or a trusted individual
- Write down your future goals



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HEALTH SERVICES

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*Mental Health
Advocates of WNY
Teen Hotline*



JustTellOne.org

Text *"Drop the Vape"* to 88709, available 24/7

If you feel like you need any help reach out!



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