

I feel less depressed.

**Depression symptoms
improve when
you quit vaping.**



I FEEL READY.

FREE AND ANONYMOUS SUPPORT



This is Quitting Text Program

A text-to-quit program that provides help to quit and 24/7 support to manage stress, cravings, and any slips along the way.

www.thisisquitting.com | Text 'DITCHVAPE' to 88709



smokefreeTXT

SmokefreeTXT for Teens

A resource for teens that offers advice, quit support, and motivation to remain nicotine and tobacco free.

www.teen.smokefree.gov | Text 'QUIT' to 47848



quitSTART App

An app to help you track your quitting progress. Earn badges, get tips on how to manage tough days, and play games to help distract yourself from cravings.

teen.smokefree.gov/become-smokefree/quitstart-app



Kick It California

A text program, app, and telephone helpline created for teens and adults to quit tobacco.

www.kickitca.org | 1-800-300-8086
Text 'Quit Vaping' to 66819

Tips to Help you Quit:

Ask for support - If you feel comfortable, ask the people around you for support. This could be a friend, parent, teacher, coach, or counselor.

Be prepared - Pay attention to when you have a craving, and what could be your trigger. This could be stress from exams, peer pressure, or other factors.

Use all the Resources - Apps, texting, and asking for support from someone you trust will help you be more successful at quitting.

Get Active - Studies have shown that exercise and being active can help you be successful at quitting smoking and vaping. This could be going for a walk or taking part in an after school sport.

Find a Reason - Think of your most important reason to quit and write it down. Always keep that in mind, especially if quitting gets hard.



cyanonline.org/quit-tobacco

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