

# I feel less overwhelmed.

## Mood swings 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](http://www.thisisquitting.com)  
Text 'DITCHVAPE' to 88709



#### **quitSTART App**

An app to help you track your quitting progress. You can 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](http://teen.smokefree.gov/become-smokefree/quitstart-app)



#### **SmokefreeTXT for Teens**

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

[www.teen.smokefree.gov](http://www.teen.smokefree.gov)  
Text 'QUIT' to 47848



#### **Kick It California**

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

[www.kickitca.org](http://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](http://cyanonline.org/quit-tobacco)  
©2022, California Youth Advocacy Network