

I am healthier. Mental health improves when you quit vaping.



FREE AND ANONYMOUS SUPPORT



EX Program

A text program with 24/7 support and daily texts with tips to quit tobacco and nicotine products.

join.exprogram.com

Text 'DITCHNIC' to 88709



988 Suicide and Crisis Lifeline

A hotline, text, and web-based chat providing 24/7 crisis support from trained and supportive counselors.

chat.988lifeline.org

Call or Text 988



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

Live Vape Free

Live Vape Free

Free coaching and support to help teens and young adults quit vaping and live nicotine free. Parents can also access coaching and resources to help a young person quit.

VapeFreeVA.org

Ways to Support Quitting:

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

Identify Triggers - Pay attention to when you have a craving, and what could be a trigger. It could be stress from school, feeling anxious or depressed, or experiencing peer pressure.

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 joining 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.



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DEPARTMENT
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