

# QUIT VAPING

## CONCERNED ABOUT YOUR VAPING?

Tried to quit but found yourself vaping again?

Trouble getting through the day without vaping?

Have others said something about your vaping?

YOU CAN QUIT.  
WE CAN HELP!

## Call, Text or Chat Today!

FREE SERVICES FOR TEENS AND ADULTS



**1-844-8-NO-VAPE**

Telephone Coaching



Text **QUIT VAPING**  
to **66819**



Fact Sheets & Services

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