

TEENS: GET SUPPORT TO

# QUIT VAPING



**TEXT VAPEFREE  
TO 873373**

Live Vape Free Alaska is a free and confidential text messaging program designed to help teens ages 13-17 get the facts and support to quit vaping. You'll receive tips about the most effective ways to quit and stay quit.

**DON'T LET VAPING GET IN  
THE WAY OF YOUR GOALS.**

Join for free by texting VAPEFREE to 873373.



# CHOOSE TO LIVE VAPE FREE



Vaping nicotine as a teen harms your memory, mood and ability to learn. It can also worsen anxiety and depression.



Vaping can cost thousands of dollars a year.



Vaping increases your chances of addiction, which can make it harder to achieve your goals.



Vaping increases chances of heart attack and stroke by raising blood pressure and heart rate, and narrowing arteries.



Vapes can contain harmful substances and metals known to cause lung disease.



Many cancer-causing chemicals have been found in vapes.

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It's typical to feel anxious or moody when you quit nicotine. Talk to a health care provider or an adult you trust if these feelings are overwhelming or continue for more than two weeks.

## IF YOU NEED HELP NOW

- Text the Crisis Text Line to talk with a trained crisis counselor at any time of day or night.  
**Text TALK to 741741.**
- Chat with a National Suicide Prevention Lifeline counselor online at **988lifeline.org/chat/**.
- Call the 24/7 National Suicide Prevention Lifeline at **988** for free, private help or dial **911**.



Check out more vaping information and resources at **NotBuyingItAK.com**.

