

# TIPS TO QUIT VAPING

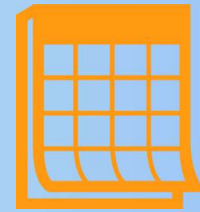


## 1. Figure out what's motivating you.

Make a list of your reasons for making this change.

## 2. Set a date.

Choose a date that sets you up for success.

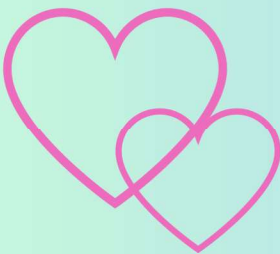


## 3. Prepare for triggers and cravings.

Think about the situations that make you want to vape, and brainstorm how to get through them.

## 4. Build your support system.

Your loved ones, health-care providers, and the QuitNow community can support you through this change.



## 5. Go easy on yourself.

If you slip, don't beat yourself up. Tomorrow is a new day and you can always try again.



## REMEMBER

You're not alone. We're here to help.

Community Health Alliance of North Tonawanda

**Text DROPTHEVAPE to 88709 for free, 24/7, anonymous and confidential support, including advice from other young people.**