

# BE CLEVER VAPE NEVER

## MENTAL HEALTH

Vaping is tied to increased risk of depression and poor mental health. You have the power to make your own choices. Don't let peer pressure control your decision. (*JAMANetwork.com*)

## WITHDRAWAL

...is stressful. And creates feelings of irritability, anxiety, sadness, restlessness, hunger, and a need for more nicotine. (*TRUTH.com*)

## VAPING IS NOT COOL AND HARMLESS

Don't be fooled by colorful packaging and sweet flavors. Vapes contain nicotine and other harmful chemicals. (*CDC.gov*)

## ADDICTIVE CHEMICALS

In addition to highly addictive nicotine, vapes contain harmful chemicals that can cause serious health problems, lung damage, and cancer. (*cancer.org*)

**Text "START MY QUIT" to 36072**  
to get free, confidential support to quit vaping.



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