

DON'T LET VAPING KEEP YOU FROM YOUR LIFE

Vaping doesn't just hurt
your body—it can make you
anxious and depressed, too.

tpchd.org/EscapeTheVape

Vaping hurts your...



Lungs

Coughing, asthma, and bronchitis.



Brain

Trouble concentrating.

Starting young can make it even harder to quit.



Heart

Risk of blood clots and stiff blood vessels.



Mental health

Increases feelings of stress, anxiety, and depression.



Relationships

Damages trust with family and friends.

Influences loved ones to start vaping.



Decision-making

Vape marketing tactics are targeted to youth. Is Big Tobacco manipulating you into spending your money on vape products?

Get help quitting

This is Quitting

Text **DITCHVAPE** to 88709.

Smokefree Teen

Text **QUIT** to 47848.

Washington Teen Link

Text or call (866) 833-6546.

2Morrow Health—app to help you quit

Download at tpchd.org/EscapeTheVape.

Native and Strong Lifeline—for Native people

Call 988 and then press 4, or call
(866) 491-1683.

The Trevor Project— For LGBTQIA2+

Text **START** to
678-678 or call
(866) 488-7386.



Tacoma-Pierce County
Health Department
Healthy People in Healthy Communities