

A photograph of three teenagers standing outdoors on a paved path, hugging each other from behind. The teenager on the left is a boy with red hair wearing a blue and black plaid shirt. The middle teenager is a girl with long dark hair wearing a green hoodie. The teenager on the right is a girl with curly brown hair wearing a grey hoodie. They are all looking down and smiling. The background shows bare trees and a grassy area under a bright sky. A blue brushstroke graphic is behind the text on the left.

THE WORLD IS STRESSFUL ENOUGH

tpchd.org/EscapeTheVape

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+ people

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

Youth Resource Guide



Tacoma-Pierce County

Health Department

Healthy People in Healthy Communities

A photograph of three teenagers standing on a paved path in a park-like setting. A young man with red hair in a blue plaid shirt is on the left, a young woman with long dark hair in a green hoodie is in the middle, and a young woman with curly brown hair in a grey hoodie is on the right. They are all hugging each other from behind. The background shows bare trees and a grassy area under a bright sky. A large purple graphic with white text is overlaid on the left side of the image.

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A photograph of three teenagers walking away from the camera on a paved path. On the left is a boy with red hair wearing a blue and black plaid shirt and dark pants. In the middle is a girl with long black hair wearing a green hoodie and light blue jeans. On the right is a girl with curly brown hair wearing a grey hoodie and light blue pants. They are all smiling and looking towards the right. The background shows bare trees and a clear sky. A large yellow brushstroke graphic is on the left side of the image, containing the text.

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