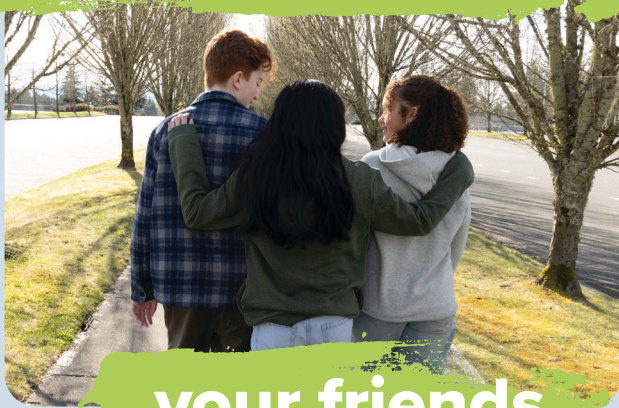


How to support



your friends

- + Ask what you can do to support them.
- + Don't scold or nag. Tell them you admire them for trying to quit.
- + Encourage them, even if they need multiple quit attempts.
- + Remind them of their why.
- + Check in on them.
- + Plan fun things to do together.

Get help quitting

This is Quitting

Text **DITCHVAPE** to 88709.

Smokefree Teen

Text **QUIT** to 47848.

2Morrow Health App

Free and anonymous app to help you quit. Download at tpchd.org/EscapeTheVape.

Washington State Quitline

Call (800) QUIT-NOW or (800) 784-8669.

Washington Teen Link

Text or call (866) 833-6546.

988 Crisis Line

Text or call 988.

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.

tpchd.org/EscapeTheVape

Rev. June 2025

THE BEST YOU



*A teen's guide to
quit vaping.*



Tacoma-Pierce County
Health Department
Healthy People in Healthy Communities

Know your why

If you know why you want to quit, you're more likely to stay motivated and succeed.

Ask yourself:

If I quit vaping, will I...

...improve my relationships with friends and family?



...have more time and money for the activities I love?



*...breathe easier?
Feel stronger?*



...be more likely to achieve my dreams?



...improve my mental health?



Prepare for



challenges

Learn your triggers and resist temptation.

Avoid places, people, and situations that might make you want to vape.

Prepare for cravings.

Stay hydrated. Have healthy snacks, gum, mints, or something to chew on.

Set up healthy distractions.

Fun or relaxing activities, time with friends, being outside, exercise.

Envision yourself vape free.

Image the future you. Make a vision board or journal.

Set a quit date

Choose a date and stick with it.

Set yourself up for success by picking a date that:

- ✓ Gives you time to prepare.
- ✓ Is less than 2 weeks away.
- ✓ Avoids stressful events like tests.

Build your team

Surround yourself with supportive people.

- + Friends and family can listen or distract you.
- + Talk to your healthcare provider.

Get support

You don't have to do it alone. Contact the resources on the back of this brochure for free and anonymous help. It's never too late to quit.

