HOW TO QUIT VAPING

Tips for planning to quit:

- Identify things in your life that prompt you to reach for your vape--and replace them!
- Come up with strategies to counter your cravings
- Prepare to quit by leaving your vape at home during the day
- Plan a quit date with your friends & do it together

Apps that help you quit vaping:

- Text "QUIT" to (202) 804-9884 to start receiving text messages offering assistance and resources from Truth Initiative
- Visit www.mylifemyquit.com or text 855.891.9989
- Text DITCHJUUL to 88709

Support groups for teens:

- Smokestoppers for Teens program operated by St. Vincent’s Medical Center - call Janelle, 978-930-9817
- SMART Recovery teen groups in Bridgeport and Norwalk -- coming soon to Stamford & Stratford: www.turningpointct.org/smart