

ROOM *to* BREATHE

ROOM TO BREATHE is a judgment-free space to find information about the harms of vaping and the support you need to quit.



Did You **KNOW**:



Nicotine exposure through vaping can cause or worsen symptoms of anxiety and depression



Big Tobacco targets young people with flavors to get them hooked for life: 97% of youth who vape use flavored products.



Vapes are hazardous waste that will never degrade or be recycled, having a permanent impact on our planet

If you need support to quit, get free, confidential quit coaching through MyLifeMyQuit.com or text "Start my Quit" to 36072

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