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

aroomtobreathe.org