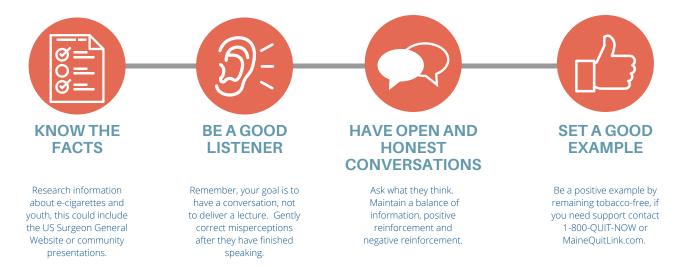
## **TIPS FOR TALKING TO TEENS ABOUT VAPING**

E-CIGARETTE USE, COMMONLY REFERRED TO AS VAPING, BY MAINE YOUTH HAS SIGNIFICANTLY INCREASED OVER THE PAST FEW YEARS, WITH 29% OF HIGH SCHOOL STUDENTS REPORTING THEY CURRENTLY USE THESE PRODUCTS.

TALKING TO YOUTH ABOUT VAPING CAN HELP KEEP THEM FROM STARTING OR ASSIST IN CONNECTING THEM TO TREATMENT SERVICES.



## **MAINE QUIT VAPING & SUPPORT SERVICES**



## SUPPORT FOR 13-17 YEAR OLDS: MY LIFE, MY QUIT ACCESS AT <u>MYLIFEMYQUIT.COM</u>, 1-855-891-9989, AND BY TEXTING "START MY QUIT" TO 36072

My Life My Quit is a free and confidential service for teens who want help quitting all forms of tobacco including smoking, vaping, or chewing. Tailored quit coaching is available via text, web chat and phone.



## SUPPORT FOR ADULTS (18+): MAINE QUITLINK ACCESS AT 1-800-QUIT-NOW AND <u>MAINEQUITLINK.COM</u>

Anyone who uses e-cigarettes exclusively or uses both electronic and combustible products can use the Maine QuitLink services and work with a Quit Coach who will assist them in creating a personalized quit plan.

