

Vaping



Vapes (e-cigarette, vape pen, e-hookah, mod) have a liquid that is heated to create a vapor which is then inhaled. Vapes contain high amounts of nicotine which can cause addiction.

WHY DO PEOPLE VAPE?

- Peer pressure and social belonging
- The chemicals in vapes are highly addictive
- Unhealthy coping strategy

HOW TO TALK TO A YOUNG ADULT ABOUT VAPING:

- Be calm, non-judgmental, and know the facts about vaping
- Open lines of communication

IS VAPING HARMFUL TO YOUR HEALTH?

- Yes - it is addictive and harmful for your physical health
- Withdrawal can worsen underlying mental health conditions
- Can cause irreversible lung damage

CAN VAPING ADDICTION BE TREATED? YES!

Addiction can be treated through a combination of therapy, medication & support systems.

If you or someone you know is struggling, please reach out to your primary care provider or contact **ACCESS at 1-844-55ACCESS**

