

Quit Vaping

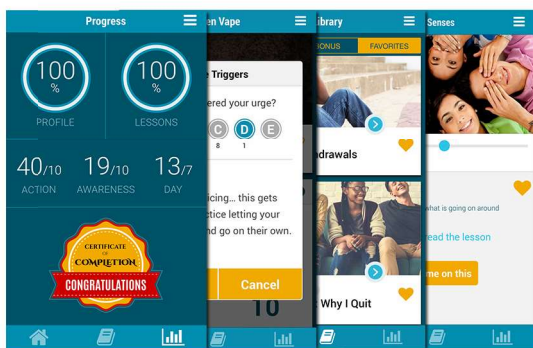
An App For Teens And Young Adults

Private · Personalized · Effective

Are you looking for help to quit vaping? Learn different ways to deal with the urge to vape that will make quitting easier.

Free to residents of Washington State.

To get access to the app, sign up at doh.wa.gov/quit



About the Program

- Core lessons and exercises
- Bonus lessons
- Practice awareness and take action
- Receive text-based messages
- Earn a certificate of completion



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For people with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TDD/TTY call 711).