



NOT FEELING LIKE YOURSELF?

COULD BE YOUR VAPE.

CHECK IN WITH YOURSELF

*Your answers might say more
than you think.*

- ☐ Tried to quit vaping but couldn't?
- ☐ Still vaping because quitting feels too hard?
- ☐ Get strong cravings to vape?
- ☐ Feel anxious or restless when you can't vape?
- ☐ Feel annoyed or moody when you can't vape?
- ☐ Hard not to vape in places you shouldn't, like school?

Hooked on Nicotine Checklist,
NCI Division of Cancer Control and Population Sciences

**READY TO FEEL LIKE
YOURSELF AGAIN? FLIP CARD
FOR QUIT SUPPORT.**

LIVEVAPEFREE

TM

LIVEVAPEFREE.COM



KICK THE VAPE.

**TAKE BACK CONTROL
OF YOUR LIFE.**

THE UPSIDE



Boost of Confidence



Stronger Athletic Ability



Improved Mental Health



Better Focus



Save Money



GET FREE HELP



24/7 Text & Chat Support
for Ages 13 to 26



Videos & Podcasts



Free NRT for Ages 18 to 26

**GET THE SUPPORT
YOU NEED TO KICK
VAPING TO THE CURB.**



Visit LiveVapeFree.com
for Free Quit Support or
Text **VAPEFREE** to **873373**.



SOUTH CAROLINA
Tobacco Quitline
QUITNOW.NC/SOUTHCAROLINA **1-800-QUIT-NOW**