

# Drop the Vape

Vapes usually contain nicotine, which is addictive and can worsen your memory and ability to focus.

## HELP

Make a list of the reasons why you want to quit vaping.

## TIPS

Achieving a big goal like quitting can feel difficult. Try taking it one day at a time so that it's easier to manage.

### Need support to stay vape-free?

Text **DROPTHEVAPE** to **88709** for free, 24/7, anonymous and confidential support, including advice from other young people.

For more information and resources to quit, call **311** or visit **nyc.gov/health** and search for **e-cigarettes**.

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