



TRYING TO QUIT VAPING?

This is a stressful time for many people as they try to adjust to changes in their daily routine. For those struggling to quit using e-cigarettes, it may be particularly difficult. If you're trying to quit vaping, try and practice the 4 D's to help get through the urges of using.

PRACTICE THE 4

D's



DELAY

Delay acting on the urge to vape. Wait out the urge, which only lasts a few minutes.

DEEP BREATHING

Take two deep breaths. Breathe in slowly and deeply; then breathe out slowly.



DRINK WATER

Sip the water slowly and hold it in your mouth a little while.

DO SOMETHING ELSE

Take your mind off vaping.



Natick 180

Your community resource
for addiction education,
prevention & recovery.





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HELPFUL RESOURCES

There is no one way to quit nicotine products! Different methods work for different people. Here are some resources that could be helpful.



Smokefree Smartphone Apps

- quitSTART



Hotlines for FREE counseling

- Call 1-800-QUIT-NOW
- Text "QUIT" to 202-804-9884
- Call/text "START MY QUIT" to 855-891-9989
- Text "VapeFreeMass" to 88709



Quit Websites for Information and Support

- makesmokinghistory.org
- smokefree.gov
- teen.smokefree.gov
- truthinitiative.org/quitecigarettes
- mylifemyquit.com
- the84.org
- thetruth.com

