

NICOTINE IN VAPES CAN INCREASE FEELINGS OF DEPRESSION AND ANXIETY

To learn more visit: thetruth.com or e-cigarettes.surgeongeneral.gov

Looking to quit? Text "Start My Quit" to 36072



Chippewa Valley
Coalition for
Youth and Families
www.cvcoalition.org

MCOSA

Michigan Center for Oral and Maxillofacial Surgery
Support for this initiative was provided by MCOA through a federal grant
from the Substance Abuse and Mental Health Services Administration.

USING ANY AMOUNT OF VAPE CAN QUICKLY LEAD TO NICOTINE DEPENDENCE

VAPING IS HIGHLY ADDICTIVE

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DON'T BE TRAPPED BY VAPING

VAPING IS ADDICTIVE

MY LIFE MY QUIT.

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VAPES DON'T JUST HARM BODIES

THEY ALSO HARM THE ENVIRONMENT

Vapes contain toxic chemicals, heavy metals, and nicotine. Their waste is a serious threat to our water, air, and land.

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YOUR BRAIN CONTINUES TO DEVELOP INTO YOUR MID-20'S.

Risks of vaping or smoking before your brain is fully developed include:

- ANXIETY AND DEPRESSION**
- NICOTINE ADDICTION**
- DAMAGE TO PARTS OF THE BRAIN THAT CONTROL THINKING, LEARNING, MEMORY AND MAKING GOOD DECISIONS**



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According to Chippewa Valley and Dakota high school students ...

87% of high school students don't vape.

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IF YOU VAPE, YOU CAN QUIT TODAY.

MY LIFE MY QUIT.

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