

ASKING FOR HELP

Many young people know they need to stop smoking or vaping and may not know how to ask for help. You don't have to go through it alone.

WHO TO ASK

You can ask more than one person for support. Pick someone you know will listen and won't criticize your choices such as...



Ask your doctor. If you are having an hard time stopping smoking or vaping, your doctor may be able to prescribe medications to make it easier.



Ask your school counselor or nurse for information on ways to quit.



Talk to a close friend or family member.



Talk to your favorite teacher – the one who always listens.

WHAT TO SAY

- Share the information you are reading about tobacco or vaping.
- Tell them that you are trying to quit and you want their support.
- Share the reasons you are trying to quit.
- Talk about what you are feeling emotionally and physically.

THE MORE SUPPORT YOU HAVE,
THE BETTER YOUR CHANCES OF SUCCESS!

For more information, call or text 1-855-891-9989 or visit mylifemyquit.com