Here’s what we know...

Vaping may seem less harmful than smoking, but vape juice can contain nicotine and other chemicals that harm your health. Vaping can lead to nicotine addiction, which can affect your memory, concentration, learning, self-control and mood.

Where can I get help for myself or someone who vapes?

What are the health effects of vaping?

**QUESTIONS ABOUT VAPING?**

- **PHONE OR CHAT**
  - Youth in BC
  - Foundry
  - Kids Help Phone
  - bc211
  - QuitNow.ca

- **READ**
  - Foundry
  - QuitNow.ca
  - First Nations Health Authority - Youth Respecting Tobacco
  - Health Canada
  - BreakItOff.ca

- **FACE-TO-FACE OR VIDEO CALL**
  - Vancouver General Hospital Smoking Cessation Clinic
  - SACY Youth Engagement Staff
  - Youth Clinics
  - Urban Native Youth Association

These links were identified by Legacy for Airway Health and reflect vaping information and services currently available for youth in the Vancouver area, February 2021.