

vapefreet

# HOW IS VAPING OR TOBACCO USE AFFECTING YOU?

- I find myself reaching for my vape without thinking about it.
- I drop everything to go out and get a vape or e-liquid.
- I vape more before going into a situation where vaping is not allowed.
- When I haven't been able to vape for a few hours, the craving becomes really difficult to deal with.

If any of these statements are true for you,  
it might be time to consider a change.



If you're looking for confidential support to help you quit, text **VAPEFREET** to **88709** or visit **[VapeFreeCT.org](https://www.vapefreect.org)** for more resources.

