

# ROOM *to* BREATHE



## **LIFE CAN BE STRESSFUL LIKE, REALLY STRESSFUL.**

And at first, vaping may seem like it can help.

But in reality, while it might relieve some stress in the short term, getting caught in the cycle of nicotine withdrawal caused by vaping can significantly worsen anxiety, irritability, and depression.

**LEARN MORE ABOUT THE  
MENTAL HEALTH IMPACT OF VAPING.**

# here are THE FACTS



People who vape are twice as likely to be diagnosed with depression than those who don't vape

- And the more you vape, the worse you're likely to feel: according to a 2019 JAMA study of nearly 30,000 people above age 18 who currently vape, frequent vaping is tied to even higher odds—2.4X—of having a diagnosis of depression compared to those who go vape-free.

Vaping can make ADHD and anxiety worse

- A 2019 study of U.S. college students found that vaping is associated with significantly higher levels of ADHD symptoms and anxiety symptoms from nicotine dependence.

90% of those who quit vaping said they felt less stressed, anxious or depressed.

- It can be challenging, but escaping the cycle of nicotine addiction is totally possible.

For more information on how vaping impacts mental health and other judgment-free resources, go to:

[aroomtobreathe.org](https://aroomtobreathe.org)

If you or someone you know needs free quit support, text "Start My Quit" to 36072