

# ROOM *to* BREATHE

**ROOM TO BREATHE** is a judgment-free space to find information about the harms of vaping and the support you need to quit.



## Did You **KNOW**:



Nicotine exposure through vaping can cause or worsen symptoms of anxiety and depression



Big Tobacco targets young people with flavors to get them hooked for life: 97% of youth who vape use flavored products.



Vapes are hazardous waste that will never degrade or be recycled, having a permanent impact on our planet

If you need support to quit, get free, confidential quit coaching through [MyLifeMyQuit.com](https://MyLifeMyQuit.com) or text "Start my Quit" to 36072

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