

J U S T B R E A T H e

MAKE EVERY BREATH COUNT.

**INGREDIENTS IN VAPES
CAN SCAR YOUR AIRWAYS,
MAKING IT HARD TO BREATHE.**





J U S T B R E A T H E

**CARE FOR YOUR MENTAL HEALTH
BY CHOOSING NOT TO VAPE.**

**DEPRESSION SYMPTOMS ARE LINKED
TO TEEN VAPING*. A BODY CLEAR OF
VAPES SUPPORTS A HEALTHIER MIND.**



***NICOTINE, THC, OR BOTH**

Source: <http://bit.ly/3ZJayW4>

Funded in whole or in part by the Illinois Department of Human Services, Division of Substance Use Prevention and Recovery through a grant from the Substance Abuse and Mental Health Service Administration.



J U S T
B R E A T H E

**MOST TEENS WHO VAPE*
EXPERIENCE ANXIETY SYMPTOMS.**

**MANAGING STRESS AND ANXIETY
IS EASIER WHEN YOU'RE VAPE-FREE.**



***NICOTINE, THC, OR BOTH**

Sources: <http://bit.ly/3ZJayW4><https://teen.smokefree.gov/quit-vaping/anxiety-stress-vaping>

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