

RESOURCES

Teen Vaping

There are resources and services available for teens wanting to quit vaping.



My Life, My Quit Program

The My Life, My Quit program is for teens who want help with quitting tobacco and vaping. The program is free and has no co-pays for Health First Colorado (Colorado's Medicaid Program) members. My Life, My Quit helps youth with,

- Developing a quitting plan
- Coping with stress
- Learning about nicotine
- Getting ongoing support

To get started text "Start My Quit" to 36072 or visit the My Life, My Quit website at co.mylifemyquit.org.



If you need help with the information in this document, including written/ oral translation; or in a different format like large print or as an audio file, we can help you at no cost. Call NHP at 800-541-6870 or State Relay 711 for callers with speech or hearing disabilities.

Facts about Vaping

The brain has natural chemical that help regulate our mood and body. Nicotine pretends to be one of these chemicals, which makes someone crave more.

Some people think that vaping helps with stress, but it actually causes more stress. Things that can actually help with stress include,

- Relaxation tools (meditation, listening to music, deep breathing)
- Talking with support system
- Staying active (physical activity 1x/day like walking)

Nicotine can also impact how the brain develops, causing problems with learning, memory, paying attention and managing your mood later in life. To learn more visit cdc.gov/tobacco/tobacco-features/back-to-school.html.

CARE COORDINATION

Care coordination is free and can be used to help make appointments, get medications filled or set up transportation for your outpatient appointments. Call 888-502-4190 to connect with a care coordinator.