

THE DANGERS OF VAPING

VAPES ARE BATTERY-OPERATED DEVICES FOR INHALING NICOTINE AND MARIJUANA.



WHAT ARE THE RISKS FOR YOUTH?

- Nicotine is highly addictive
- Nicotine exposure during adolescence can:
 - Harm brain development
 - Impact learning, memory, and attention
 - Increase symptoms of anxiety and depression
 - Increase risk for future addiction to other drugs

[CDC.gov/e-cigarettes](https://www.cdc.gov/e-cigarettes)

VAPE AEROSOL IS NOT HARMLESS

It can contain harmful substances, including:

- Nicotine
- Cancer-causing chemicals
- Volatile organic compounds
- Flavorings (diacetyl that have been linked to lung disease)
- Heavy metals such as nickel, tin, and lead

[CDC.gov/e-cigarettes](https://www.cdc.gov/e-cigarettes)

LINK BETWEEN VAPES AND DEPRESSION

- Vape users have double the odds of having a diagnosis of depression compared to those who have never vaped, and frequent vaping is tied to 2.4x of a diagnosis of depression.

2019 JAMA study of nearly 30,000 current vape users.

RESOURCES FOR QUITTING

Clarity Counseling and Wellness
[yourclaritycounseling.com](https://www.yourclaritycounseling.com) | 586.701.2997

Adolescent Addiction Recovery Center
248.377.8717

800-QUIT-NOW

877-44U-QUIT

Text STARTMYQUIT TO 36072

National Institute of Health
teen.smokefree.gov/quit-vaping

Truth Initiative
truthinitiative.org/this-is-quitting-resources

American Lung Association
lung.org/quit-smoking/helping-teens-quit

MI Poison & Drug Information Center
poison.med.wayne.edu/ecigarettesvaping

mylifemyquit.org



www.FamilyCenterHelps.org

