

FEELING THE URGE TO SMOKE OR VAPE?



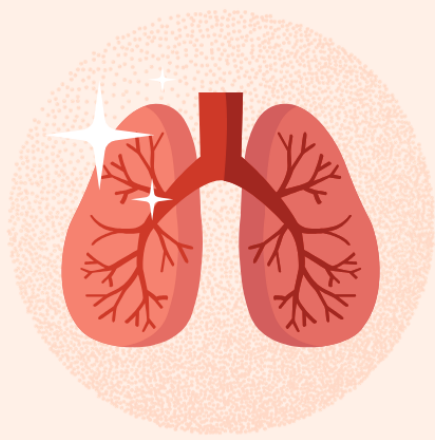
Not every craving needs to be
acted on

Delay your decision:

Give yourself a few minutes to try and
focus on something else.

Change your Environment:

Go for a walk, watch a show, move away from a place where smoking
or vaping is happening, or spend time with people who support
your goals.



Strategies to distract yourself:

Change your Environment:

Go for a walk, watch a show, move away from a place where smoking or vaping is happening, or spend time with people who support your goals.

Keep yourself busy:

Try listening to music, playing a game, doing homework, talking to a friend

Talk to someone:

You don't have to handle it alone.

Reach out to a friend, teacher, counselor, your parent or guardian

Remember your goals:

Write down a reason why you want to quit:

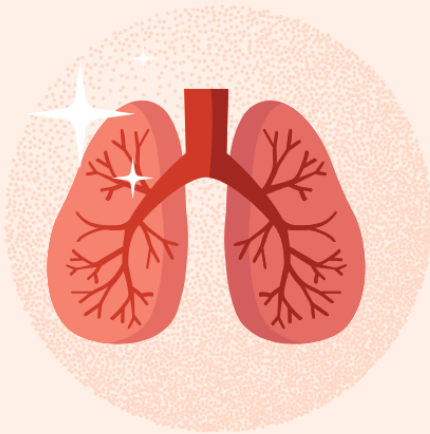
"I want more control over my choices"

"I want to protect my health"

KEEP YOUR LUNGS

HEALTHY

SUPPORT



Kick it California:

Free quit support for Californians age 13+

Text QUIT VAPING or QUIT SMOKING to 66819

Call (800) 300-8086 to connect with a Quit Coach

Fresno County Support:

The **Fresno County Department of Behavioral Health** provides substance-use for youth and families.

24/7 Access Line: (800) 654-3937

Fresno County Tobacco Prevention Program:

This program provides quit support information

Call them at (559) 600-6449

Scan this for in person, web based,
and teen specific resources on how to
quit



Scan for the link to
Kick it California

