

# Free apps to help you **STOP VAPING** your way!

## #STOP VAPING

Challenge

STOP VAPING CHALLENGE APP



APPLE STORE



GOOGLE PLAY

## Quash.

Powered by  
LUNG HEALTH FOUNDATION



APPLE STORE



GOOGLE PLAY

You can be with friends, deal with stress and  
**HAVE FUN WITHOUT VAPING!**

[NotAnExperiment.ca](http://NotAnExperiment.ca)

# HOW IS VAPING AFFECTING YOU?

ANSWER THESE QUESTIONS TO FIND OUT!

- Do you ever try to stop vaping, but can't?
- Do you ever feel like you really need to vape?
- Is it hard to keep from vaping in places where you are not supposed to, like school?
- Do you find it hard to concentrate when you can't vape?
- Do you feel angry or sad when you can't vape?

If you answered **YES** to any of the questions, you might be experiencing **NICOTINE ADDICTION.**