



# Drop the Vape

Vapes can expose you to toxic and cancer-causing chemicals. More teens are trying to stop vaping than you think. You can too!

Text **DROPTHEVAPE** to **88709** to get advice and motivation from other teens. It's free, anonymous and confidential support, available 24/7.

For more information, visit [nyc.gov/health](https://nyc.gov/health) and search for **e-cigarettes**.

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