

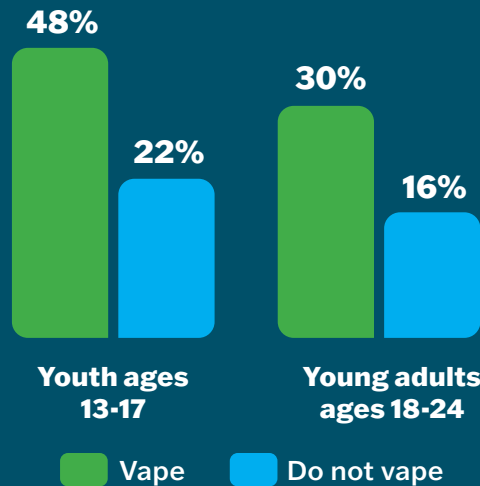


Vaping, mental health, and other substance use are connected.

Most youth who vape want to stop.



Some e-cigarettes (vapes) contain as much nicotine as 15 or more packs of cigarettes, making them highly addictive. Nicotine withdrawal can cause anxiety, irritability, and depressed mood, which can worsen stress.



Depression was nearly twice as common among teens (2023) and young adults (2021 to 2022) who vaped compared with those who did not.



Most teens who vape want to stop. Tobacco treatment and mental health support can help relieve anxiety, depressed mood, and other nicotine withdrawal symptoms.