

# QUESTIONS ABOUT VAPING?

Here's  
what we  
know...

Vaping may seem less harmful than smoking, but vape juice can contain nicotine and other chemicals that harm your health.

Vaping can lead to nicotine addiction, which can affect your memory, concentration, learning, self-control and mood.

Where can I get help  
for myself or someone  
who vapes?

What are the health  
effects of vaping?



## PHONE OR CHAT

[Youth in BC](#)

[Foundry](#)

[Kids Help Phone](#)

[bc211](#)

[QuitNow.ca](#)



[bit.ly/2Pn7K2P](https://bit.ly/2Pn7K2P)



## READ

[Foundry](#)

[QuitNow.ca](#)

[First Nations Health Authority  
- Youth Respecting Tobacco](#)

[Health Canada](#)

[BreakItOff.ca](#)



## FACE-TO-FACE OR VIDEO CALL

[Vancouver General Hospital  
Smoking Cessation Clinic](#)

[SACY Youth Engagement Staff](#)

[Youth Clinics](#)

[Urban Native Youth Association](#)



These links were identified by [Legacy for Airway Health](#) and reflect vaping information and services currently available for youth in the Vancouver area, February 2021.