



Let's clear the path to help you quit vaping

Live Vape FreeSM offers support for parents and teens

Two great paths for support

For teens, parents or any adult who's concerned about someone they love: We've coached thousands of people to help them quit tobacco. And we can coach you, too. Whether you want help talking with teens about vaping or if you are a teen and want to talk about vaping, join the **Live Vape FreeSM** program.



For adults

- Connect with a coach for support
- Learn about warning signs and facts
- Get practical advice for how to talk with teens
- Access self-paced online courses



For teens

- Connect with a coach for tips to quit
- Hear other teens tell their quit story
- See great content like podcasts, quizzes and videos
- And more

To get started, visit
dhs.wi.gov/vapefree

To get started, text
VAPEFREE to 873373

\$0

No extra cost

Live Vape Free is available for free.



Confidentiality

Services are nonjudgmental and confidential.



Family support

Help for you and your family members.



This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through this service is for informational purposes only. The nurses cannot diagnose problems or recommend specific treatment and are not a substitute for your doctor's care. Please discuss with your doctor how the information provided may be right for you. Your health information is kept confidential in accordance with the law. The service is not an insurance program and may be discontinued at any time.

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