



## Let's connect about quitting

Whether you want help talking with a teen in your life about vaping or if you are a teen and need help to quit yourself, join **Live Vape Free<sup>SM</sup>**. Connect with a coach who has specific training on vaping and can offer tips.



### For adults

Learn how to talk with the teen in your life. Connect with a coach for support, plus access online courses and more.

To get started, visit  
[dhs.wi.gov/vapefree](https://dhs.wi.gov/vapefree)



### For teens

You can text a coach to learn easy ways to quit and see great content like podcasts, quizzes, videos and more.

To get started, text  
**VAPEFREE to 873373**

**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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