

NEED HELP QUITTING VAPING?

Try This Is Quitting, a free text-to-quit program.

CONFIDENTIAL HELP.

Your quitting journey stays between you and TIQ.

ADVICE FROM REAL PEOPLE.

You'll receive tips and motivation from TIQ's built-in support system of successful quitters.

24/7 SUPPORT.

TIQ is there whenever you need help with stress, slips, or cravings - no matter the time of day.

I DESERVE
TO BE
HAPPY &
HEALTHY

I OWE
IT TO
MYSELF
TO QUIT.

I CAN
HANDLE
IT.

TEXT VAPEFREEND TO
88709

