

# Support for Indigenous Youth: Choosing to Stay Vape-Free



Vaping is when you breathe in an aerosol (a vapour or mist) from a vape pen or e-cigarette, that usually has nicotine, flavourings, and other chemicals.



Nicotine in vapes is addictive and can make it tough to quit.



Vaping also exposes you to harmful chemicals that can affect your brain, breathing, lungs, and heart.



If you vape or used to vape, and you feel chest pain, trouble breathing or have a bad cough, talk to a healthcare provider.



To protect your health and well-being, it's best not to vape.

If you want to talk to someone about vaping, Talk Tobacco is a free, culturally safe resource.

[smokershelpline.ca/talktobacco/home](https://smokershelpline.ca/talktobacco/home)

Call 1 833 998-TALK (8255), or text CHANGE to 123456

For more information about the Indigenous Tobacco Program,

visit [tobacrowise.cancercareontario.ca](https://tobacrowise.cancercareontario.ca)

or email [tobacrowise@ontariohealth.ca](mailto:tobacrowise@ontariohealth.ca)

Need this information in an accessible format?

1-877-280-8538, TTY 1-800-855-0511, [info@ontariohealth.ca](mailto:info@ontariohealth.ca).

Document disponible en français en contactant [info@ontariohealth.ca](mailto:info@ontariohealth.ca). CQP71442



**Ontario Health**  
Cancer Care Ontario



An app like **Quash** can help you quit or reduce vaping.

