

# READY TO QUIT VAPING?

## YOU'RE NOT IN THIS ALONE.

**TEXT VAPEFREEWA TO 88709**

Get free, anonymous, 24/7 support  
from **THIS IS QUITTING.**

 Washington State Department of  
**Health**  
340-NonDOH  
September 2020

truth



**THIS IS  
QUITTING**

To request this document in another format, call 1-800-525-0127.

Deaf or hard of hearing customers, please call 711 (Washington Relay) or email [civil.rights@doh.wa.gov](mailto:civil.rights@doh.wa.gov)