

WANT HELP QUITTING VAPING?

TRY THIS IS QUITTING,
A FREE TEXT-TO-QUIT PROGRAM

“Quitting seems impossible, but it isn’t.
You’ll feel like you have your life,
body, and wallet back once you quit.”

-Meg, TIQ User

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.

SCIENCE-BACKED & EFFECTIVE

Created by a team
of quitting experts,
TIQ has helped hundreds of
thousands of young people
quit vaping.

24/7 SUPPORT

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

TEXT VAPEFREEND TO 88709

TO JOIN THE HUNDREDS OF THOUSANDS OF YOUNG PEOPLE
GETTING HELP FROM **THIS IS QUITTING**.

