

You can stop vaping with My Life, My Quit

Chatting to your friends about quitting vapes might feel cringey. Luckily, you have us.

Get free and **confidential** help quitting vapes with My Life, My Quit Hawai'i by calling **1-855-891-9989**.



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Get FREE resources to help you quit vapes

- **My Life, My Quit Coaches** are nonjudgmental and help you stay motivated.
- **My Life, My Quit Coaches** teach you the tips and tools you need to stop vaping for **FREE**.



1:1 coaching to help you through the quit vaping process.



Talk to coaches when you need them via text, chat, or phone.



Coaches are experts in proven ways to quit nicotine.



Help dealing with cravings and triggers to keep you on track.

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Text "Start My Quit"

to 36072

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