

# Resource Guide

## VAPING CESSATION

### Self Assessment

1. Have you ever felt a need to cut down or control your smoking/vaping, but had difficulty doing so?
2. Do you ever get annoyed or angry with people who criticize your smoking or tell you that you ought to quit smoking/vaping?
3. Have you ever felt guilty about your smoking/vaping or about something you did while smoking/vaping? (for example, hiding your supplies, lying about where you got supplies or how you paid for them?)
4. Do you ever smoke/vape within half an hour of waking up (eye-opener)?

### There is help...

- Speak with a trusted adult
- CAPP – CT Association of Prevention Professionals – [www.cappct.org](http://www.cappct.org)
- National Council on Alcoholism and Drug Dependence: 800-NCA-CALL
- National Resource Center: 866-870-4979
- NIDA's Step by Step Guide for Teens and Young Adults.
- National Suicide Life Line: 1-800-273-TALK. They don't just talk about suicide! They cover a lot of issues and will help put you in touch with someone close by.
- CDC Free Services
  - Call 1-800-QUIT-NOW external icon (1-800-784-8669) if you want help quitting. This is a free telephone support service that can help people who want to stop smoking or using tobacco. Callers are routed to their state quitlines, which offer several types of quit information and services. These may include:
    - Free support, advice, and counseling from experienced quitline coaches
    - A personalized quit plan
    - Practical information on how to quit, including ways to cope with nicotine withdrawal
    - The latest information about stop-smoking medications
    - Free or discounted medications (available for at least some callers in most states)
    - Referrals to other resources
    - Mailed self-help materials
    - Get free help online, too.
  - For information on quitting, go to the Quit Smoking Resources page on CDC's Smoking & Tobacco Use Web site.
  - Read inspiring stories about former smokers and their reasons for quitting at CDC's Tips From Former Smokers Web site.
  - The I'm Ready to Quit! page links to many helpful resources.



### Nicotine Withdrawal Symptoms

- Feeling irritable, angry, or anxious
- Having trouble thinking
- Craving tobacco products
- Feeling hungrier than usual



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