



Thank you for your interest in This is Quitting! Attached is a flyer for our program. We ask that you **do not alter these materials in any way.**

A few other things to keep in mind:

- Distribution of the flyers – we have found that a peer-to-peer approach is most effective when trying to disseminate information about vaping cessation. We highly encourage you to get the flyers into the hands of teens and young adults to spread the word about the program to their peers.
- We will be creating new materials for the program and uploading them to our website. Be sure to check back to see what's new!
- If you have any further questions about the program, please don't hesitate to reach out to help@thisisquitting.com.

READY TO QUIT VAPING?

Try This Is Quitting, a free, text-to-quit program.

CONFIDENTIAL HELP.

Your quitting journey stays between you and TIQ.

ADVICE FROM REAL PEOPLE.

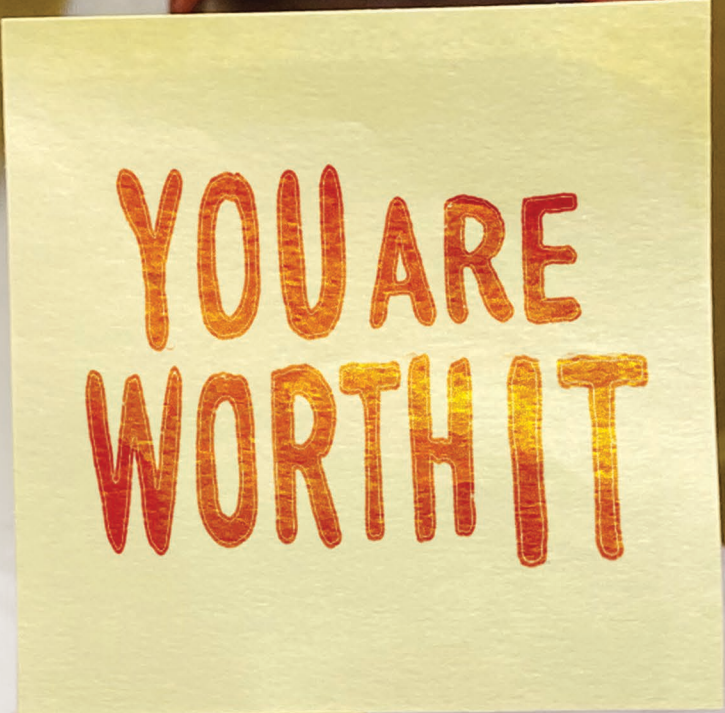
You'll receive tips and motivation from TIQ's built-in support system of successful quitters.

24/7 SUPPORT.

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

FREE OF CHARGE.

TIQ is completely free, so you can focus on quitting, not costs.



**YOU ARE
WORTH IT**

**TEXT [DITCHVAPE](https://www.thisisquitting.com) TO [88709](https://www.thisisquitting.com) TO JOIN THE GROWING WAVE OF
YOUNG PEOPLE GETTING HELP FROM THIS IS QUITTING.**

