



Ready to have the vape talk with your friend?

Get advice on how to start the
conversation and a pep talk for
some extra motivation.

Call

**1-833-
HEY-NORM**

or text 'Norm' to that
same number.

If you need support to quit, get free,
confidential quit coaching through MyLifeMyQuit.com
or text "Start my Quit" to 36072