

# WANT HELP QUITTING VAPING?

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



"Quitting is a journey,  
not a race."

-Jacob, TIQ User



## 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.

## 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.

**TEXT SACREDBREATH TO 88709**  
TO JOIN THE HUNDREDS OF THOUSANDS OF  
YOUNG PEOPLE GETTING HELP FROM **THIS IS QUITTING.**

