



**BREAK
THE
VAPE**

Help and support to quit vaping

The Essex vaping service

The Essex Vaping service is offering support to young people who would like help quitting vaping or nicotine-based products.

Young people between the ages of 13 - 18 and living within Essex can access this support with one of our Vaping Practitioners. Support can be engaged with face to face in the community, virtually or over the phone.

Support includes 4 to 6 sessions looking at:

- Individual quitting plans
- Nicotine awareness
- Vaping knowledge
- Nicotine reduction support
- Wellbeing and diversionary activity support whilst quitting

To access this support, young people can self-refer through the referral form on our website by scanning this QR Code.



For more information parents and professionals can email **lauren.watkinson@childrenssociety.org.uk**

Alternatively to speak to a Vaping Practitioner, call the service on **01245 493311**.