# Links for Vaping/Nicotine information

### **Helpline link**

 $\frac{https://okhelpline.com/thinking-about-quitting/youth/?\ ga=2.117379846.1878393589.1634821801-1496400675.1634821801$ 

## My Life My Quit link

https://ok.mylifemyquit.org/index

## Vaping 101 Quiz

https://stopswithme.com/protect-our-youth/quiz/

### **Addiction symptoms**

https://stopswithme.com/nicotine-addiction-symptoms/

