



Thinking about quitting—or tempted to start vaping or tobacco again? Stop to remember your why. Get free, confidential support at MyLifeMyQuit.org or text “Start My Quit” to 36072.



**Iowa Department of Health
and Human Services**

When vape cartridges get tossed to the ground, they don't just disappear. They break down into microplastics and chemicals that flow into storm drains, polluting waterways and harming wildlife. Quitting helps protect your health—and what's around you. Start at MyLifeMyQuit.org.



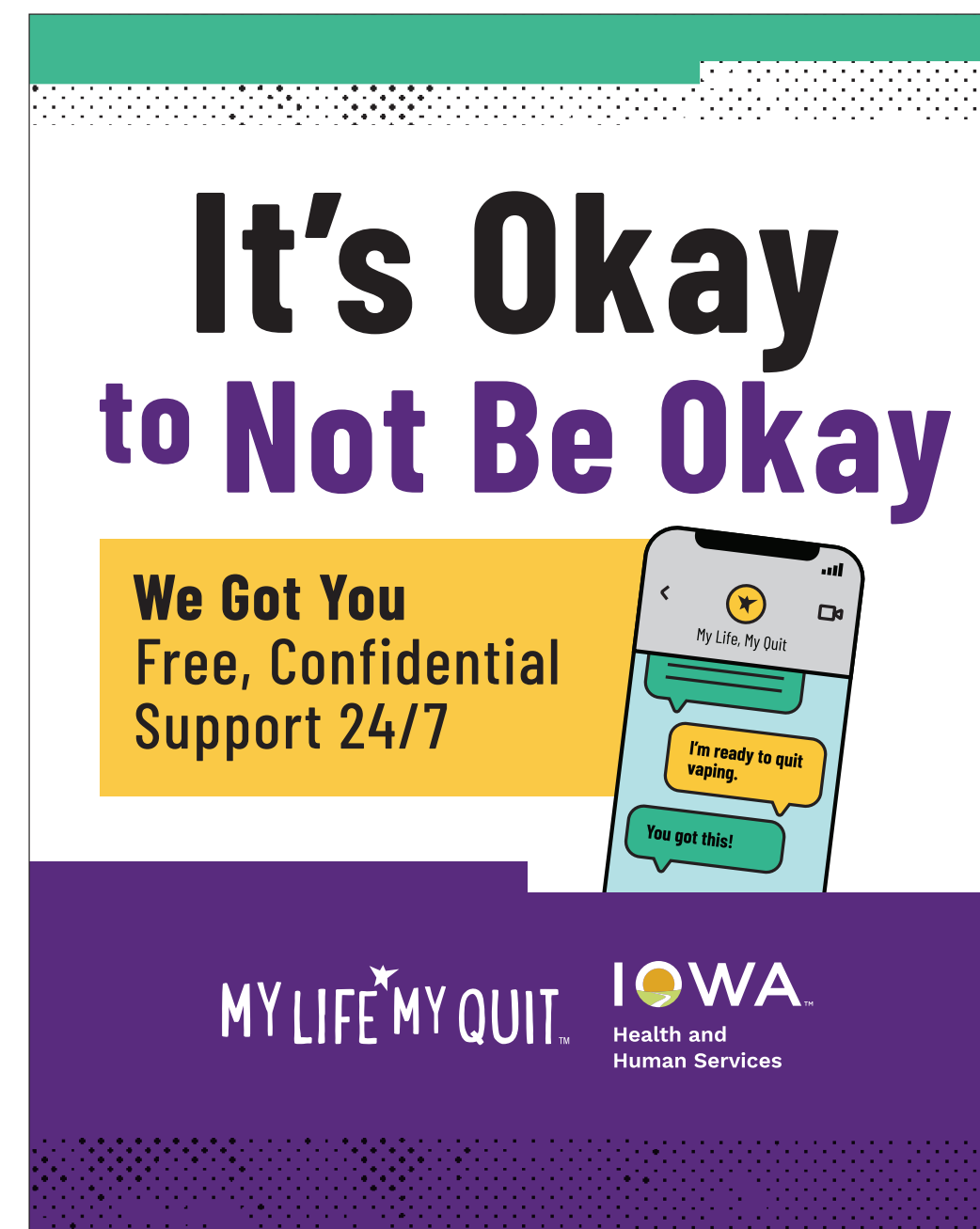
**Iowa Department of Health
and Human Services**

Nicotine in vapes, pouches and chew keeps your heart stuck in “fight or flight” mode. That can raise risks of heart problems over time. Show your heart some love by quitting today. Get free, confidential support at MyLifeMyQuit.org.



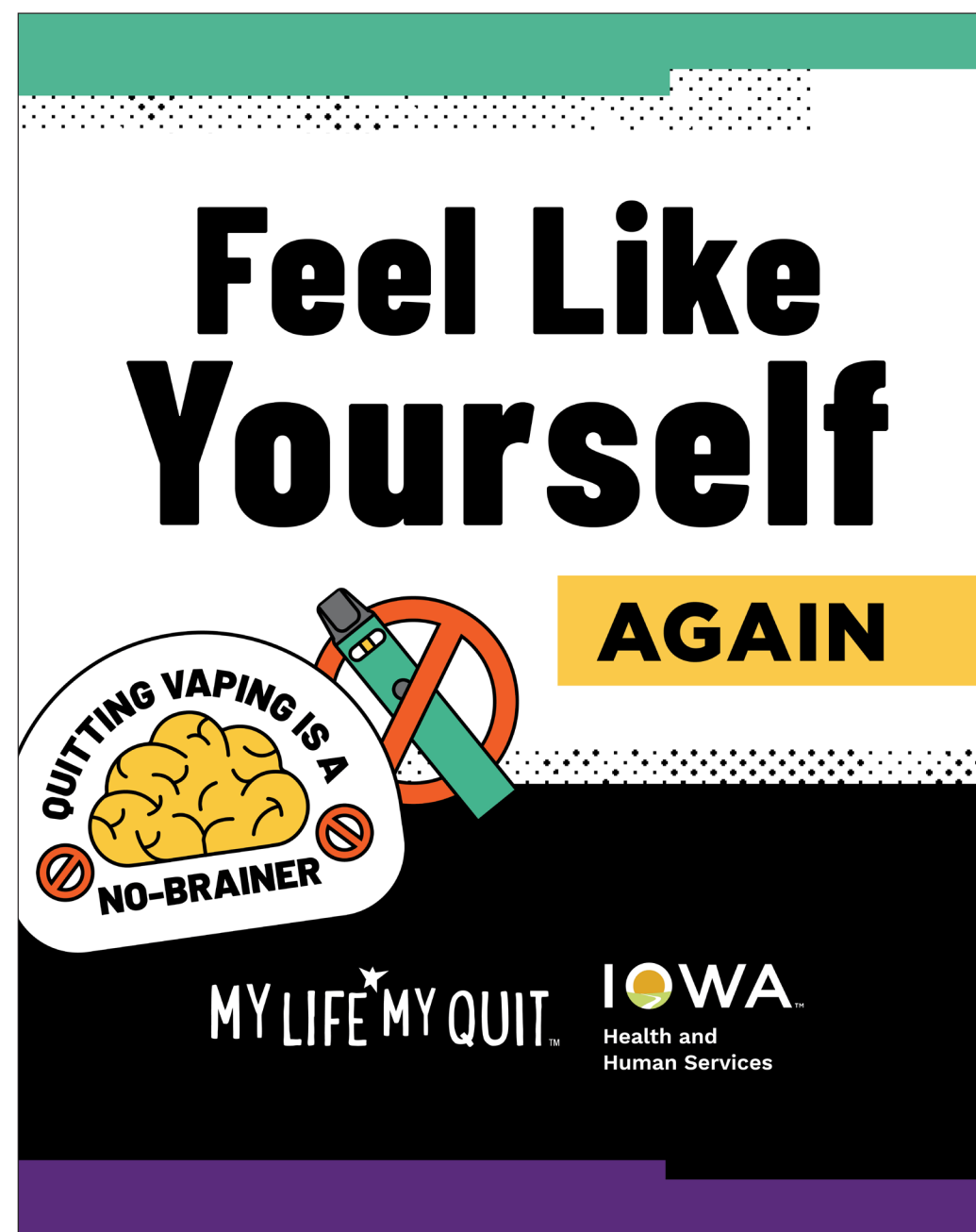
**Iowa Department of Health
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Talking to someone can make quitting nicotine or tobacco easier. Our coaches suggest healthier ways to manage stress. Learn more or get started at MyLifeMyQuit.org or text “Start My Quit” to 36072.



**Iowa Department of Health
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Vaping messes with your mental health. Nicotine can increase stress, anxiety and depression, and cravings can keep you feeling on edge. Get free, confidential help to quit at MyLifeMyQuit.org.



Iowa Department of Health and Human Services

Dip, chew and pouches aren't harmless—or less risky. For teens, nicotine can affect brain development, impacting focus, memory and mood. Break the habit with free, confidential support at MyLifeMyQuit.org.

Iowa Department of Health and Human Services

Even if it's just sometimes, smoking can still seriously affect your health and increase the chance it becomes a lifelong habit. Our coaches offer free, confidential one-on-one support—no judgment, just help. MyLifeMyQuit.org or text "Start My Quit" to 36072.

Iowa Department of Health and Human Services

Nicotine can make vaping feel nonstop—always wanting your next hit, waking up with cravings, worrying about running out. Take back control and plan to quit your way with free, confidential support from MyLifeMyQuit.org.