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## PRESS RELEASE

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Our Reference: S4H PRESS

# New Stop Vaping Service for Teens Now Available in Slough

**Health and Wellbeing Slough** is launching a brand-new, free service to help teens in Slough quit vaping. Whether you started vaping because of peer pressure, curiosity, or just thought it was “no big deal,” this is your chance to stop—and we’re here to support you every step of the way.

### Why Should You Care?

While vapes may seem like a safer alternative to smoking, **they aren’t harmless**—especially if you’ve never smoked before. The long-term effects of vaping are still unknown, and did you know that it's **illegal to buy them if you’re under 18**? If that’s not enough, there’s the added risk of younger kids getting their hands on them. Now is the time to quit, and we’ve got your back.

### What We’re Offering:

- **Free nicotine replacement therapy** to help you cope with any withdrawal symptoms
- **Confidential, judgement-free support** from trained stop-smoking advisors
- Talk to your **school nurse** for a referral, text **QUIT Vape to 66777**, or visit **[healthandwellbeingslough.co.uk](http://healthandwellbeingslough.co.uk)** to get started

### It’s Free and Totally Confidential

There’s no cost to access this service—it’s completely free. Plus, everything is **confidential**. No one needs to know you’re reaching out for help unless you want them to.

## Ready to Quit?

If you're ready to take a step towards quitting, you're not alone. Thousands of teens across the country are choosing to leave vaping behind, and now it's your turn. Let's do this together.

Visit [healthandwellbeingslough.co.uk](http://healthandwellbeingslough.co.uk) or text **QUIT Vape to 66777** to get started today!

### Contact Information:

- Website: [healthandwellbeingslough.co.uk](http://healthandwellbeingslough.co.uk)
- Text: QUIT Vape to 66777
- School Nurse Referral Available

### Contact:

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