
PRESS RELEASE

Our Reference: S4H PRESS

New Free Support Service in Slough to Help Teens Quit Vaping

Health and Wellbeing Slough is launching a **free, confidential stop vaping service** aimed at helping teens in schools and community settings quit vaping. As the number of young people experimenting with vaping increases, this new initiative offers a vital resource for teachers, parents, and guardians concerned about the long-term health effects of vaping.

Why It's Urgent

While vaping has been promoted as a tool to help adult smokers quit, **vaping among teens**—many of whom have never smoked—is on the rise. Despite its “safer” reputation, vaping is not without risks, and the long-term effects are still unknown. What’s more, under-18s are often unaware of the potential dangers or the fact that vaping products are **illegal to purchase** at their age.

What Does the Service Offer?

- **Free nicotine replacement therapy:** Teens can access support to manage nicotine withdrawal, helping them quit successfully.
- **Confidential advice from trained stop-smoking advisors:** Teens can receive personalised, judgement-free support.
- **Referral process:** Teens can be referred by school nurses or access the service directly by texting QUIT VAPE to 66777 or visiting healthandwellbeingslough.co.uk.
- **Free Very Brief Advice (VBA) Training:** Adults can access VBA training to support

them in starting the conversation about vaping with teens. Email info.hws@nhs.net for a list of available trainings.

Support for Parents and Teachers

As educators and parents, you play a critical role in supporting young people's health and wellbeing. By encouraging teens to take advantage of this free service, you can help them avoid the dangers associated with vaping, from nicotine addiction to potential long-term health consequences.

Our service is designed to be **confidential and approachable**, making it easy for teens to seek help without fear of judgement. Teens can take control of their own health, with support from professionals trained in working with young people.

How to Access the Service

- Teens can visit healthandwellbeingslough.co.uk for more information or text **QUIT VAPE to 66777** to get started.
- School nurses can also refer students directly, making it easier for them to access the help they need.

Let's Work Together to Keep Teens Safe

With your support, we can help teens in Slough quit vaping before it becomes a lifelong habit. By promoting this free, confidential service, we can all contribute to creating a healthier, vape-free generation.

Contact Information:

- Website: healthandwellbeingslough.co.uk
- Text: QUIT VAPE to 66777
- School Nurse Referral Available

Contact:

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