

# WORRIED ABOUT YOUR TEEN VAPING? DOCTORS CAN HELP!



# YOUR DOCTOR CAN HELP



## It Starts with a Conversation

Talking to your teen about nicotine and other substances can be difficult, especially if you are concerned they may be abusing these products. Luckily, your pediatrician is a great resource for this conversation and can help with the quitting process for ready people.



## Supportive Counseling

A mainstay of the quitting process is counseling, therapy, or other types of support like quitlines. Your teen or young adult will benefit from talking to someone both about their substance use, as well as any mental health concerns that they might be experiencing. Your pediatrician can help you and your child find a counselor or other provider who can help.



## Nicotine Replacement

Another tool in the quitting toolbox is nicotine replacement therapy or NRT. These are medications, usually in the form of patches, gums, or lozenges, that contain a small amount of nicotine and can be used to help the teen or young adult reduce and eventually stop their smoking, vaping, or chewing. NRT is approved for people over the age of 18 years old but can be an option for younger teens. Ask your pediatrician if NRT would fit your teen or young adult well.

**For more information, please visit:**

<https://rb.gy/eono2d>

<https://rb.gy/we5x3b>