

Anxious and depressed?

Some young people turn to vaping when they're feeling anxious, low or overwhelmed. For a short while it might feel distracting, but nicotine doesn't fix what's underneath.

When nicotine levels drop, anxiety can rise suddenly. That can leave you feeling on edge, flat or unsettled, making vaping feel like something you need to get through the day.



So, what's really going on?

Nicotine changes the way your brain controls mood. It can cause quick mood lifts followed by sharper drops, which can intensify feelings of anxiety or sadness between hits.

This cycle can trick your brain into thinking vaping is helping, when it's actually deepening the lows between hits.

Why age matters

Your brain is still developing the systems that manage emotions and resilience. Nicotine can make emotions feel stronger and less predictable, which can increase mood swings, especially if things already feel tough.

Get the facts

Feeling low or anxious doesn't mean something is wrong with you. It means your brain is reacting to nicotine.

You deserve support that helps you feel more stable over time, not stuck on a rollercoaster of ups and downs.

👉 Visit: www.hertfordshire.gov.uk/VapeBrain