

Wish you never started?

Many people start vaping thinking it's safer or easier to stop later. But nicotine can make quitting much harder than expected.

Cravings, irritability and restlessness aren't a lack of willpower, they're signs of nicotine leaving your system.



So, what's really going on?

Nicotine acts quickly on the brain, making your body adjust to having it around. When it's not there, everything can feel tense and uncomfortable, which can make stopping feel frustrating, even when you really want to quit.

Why age matters

Nicotine affects a developing brain more strongly, which can make habits set in deeper and cravings feel more intense. That's why stopping earlier can make a real difference, before vaping becomes something your brain expects.

Get the facts

If you regret starting, you're not alone. Wanting to stop doesn't mean you've failed, it means you want something better for yourself. There is support available that understands what young people are dealing with and helps without judgement.

You don't have to figure this out on your own.

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