



Government of  
Northwest Territories

# GET YOUR HEAD OUT OF THE CLOUDS.

Vaping when you are young can change the way your brain develops.

The nicotine in vape puts you at risk of:

- developing addictions to substances later in life
- mental illnesses like anxiety and depression



Always consider the health consequences of vaping...

If you think you may be addicted to vaping,

***talk to a health professional, teacher, parent or guardian to get help.***

For more information on the harmful effects of vaping or  
if you or someone you know needs help quitting, please call:

**811 OR VISIT [WWW.GOV.NT.CA/TOBACCO](http://WWW.GOV.NT.CA/TOBACCO)**

