

“Vaping is at least 95% less harmful than smoking” *Public Health England*

Vaping is to support people to quit smoking

In the UK, e-cigarettes are highly regulated for safety and quality. Although they carry a small fraction of the risk of cigarettes, e-cigarettes are not safe for children and young people. As their brain and lungs are still developing, children and young people are more sensitive to side effects.

Refer yourself for stop-smoking support today:

