

Harm reduction for Vapers



Why do people use vapes if not to quit smoking?

A person may feel the need to use vapes when around other people using them which can make it hard to reduce/stop. A person may also use a vape to cope with stress or challenging emotions.

However challenging emotions are commonly heightened during nicotine withdrawal so it's impact on 'helping' is usually linked to the addictive quality which is a common mistake many people make.

Want to reduce your vaping?

Take smaller 'tokes' rather than deep chest inhales

Try utilising distractive methods to keep yourself from reaching for your vape

Try to avoid vaping indoors as this increases the chances of vaping more and increase chances of addiction and withdrawal

Reduce the amount of nicotine potency to help with reducing physical addictiveness.

Avoid flavours which encourage you to smoke more



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