



Quit vaping for good



Make a quit plan

Get help to determine where you are, so you can learn what motivates you to quit.



Online content

Receive videos, quizzes, self-assessments, audio podcasts, and more.



1-on-1 support

Chat with a coach who can offer quit tips, easy ways to quit, and much more.

Get started with Live Vape Free and start your quit journey today. It's easy, and all you need is your mobile phone. You'll get text support to set your own quit date and help to take steps toward putting your health first — free from vaping.



To get started, scan this QR code or visit livevapefree.com!



Program made possible by the NCDHHS Division of Public Health.