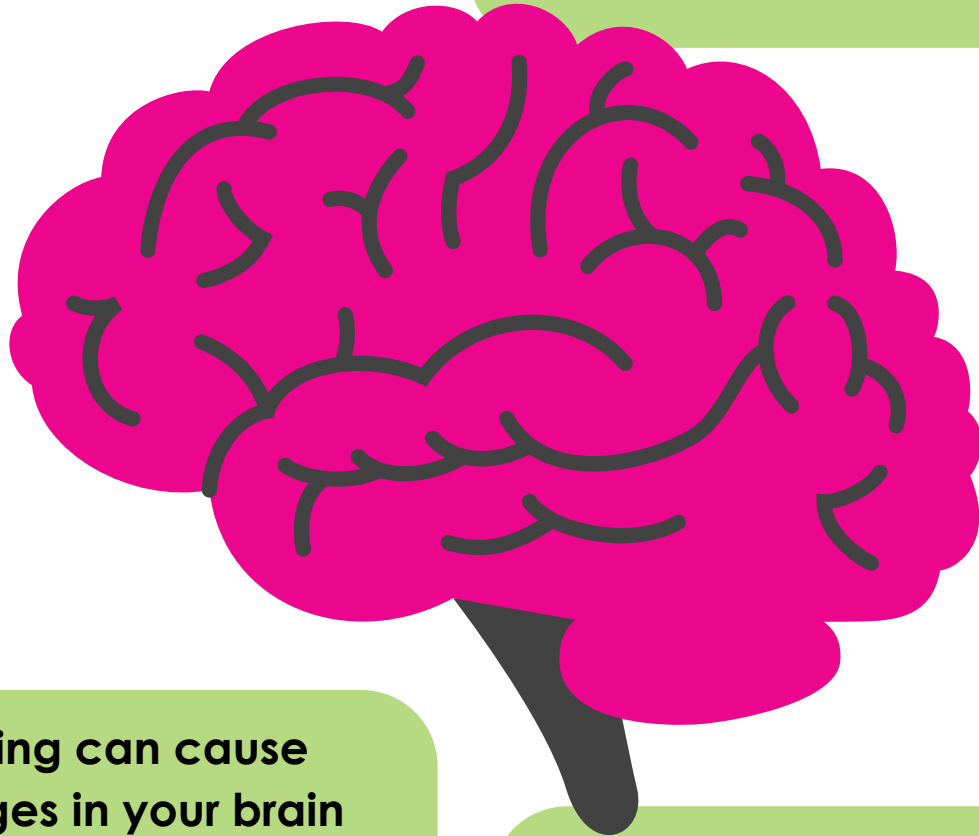# Vaping Affects Your Mental Health

Vaping can make you more sensitive to stress

Vaping regularly can make it harder to concentrate, remember, and make decisions

Vaping can cause changes in your brain chemistry which can create cravings to vape more

Vaping can worsen symptoms of depression and anxiety in the long-run

*Information from the American Lung Association

be nice.
benice.org