Nicotine has not been found to directly cause mental health conditions, but numerous studies reveal troubling links between vaping nicotine and worsening symptoms of depression and anxiety.

Nicotine can amplify anxiety symptoms¹,² and feelings of depression.²

81% of 15-24 year olds surveyed who has used e-cigarettes said they started vaping to decrease stress, anxiety, or depression.³

Irritability, anxiety and depression are some of the symptoms of nicotine withdrawal. Vaping nicotine relieves these symptoms, but only temporarily.

Quitting nicotine can lead to reduced stress, anxiety, and depression in the long term.²

90% of those who quit vaping said they felt less stressed, anxious, or depressed.³

Learn more at thetruth.com/mentalhealth

¹ Kutlu MG, Gould TJ. Nicotine modulation of fear memories and anxiety: Implications for learning and anxiety disorders. Biochemical. Published Online First: 2015/06/02
³ Truth Initiative Mental Health X Vaping Headline Survey Internal Data - August 2021.