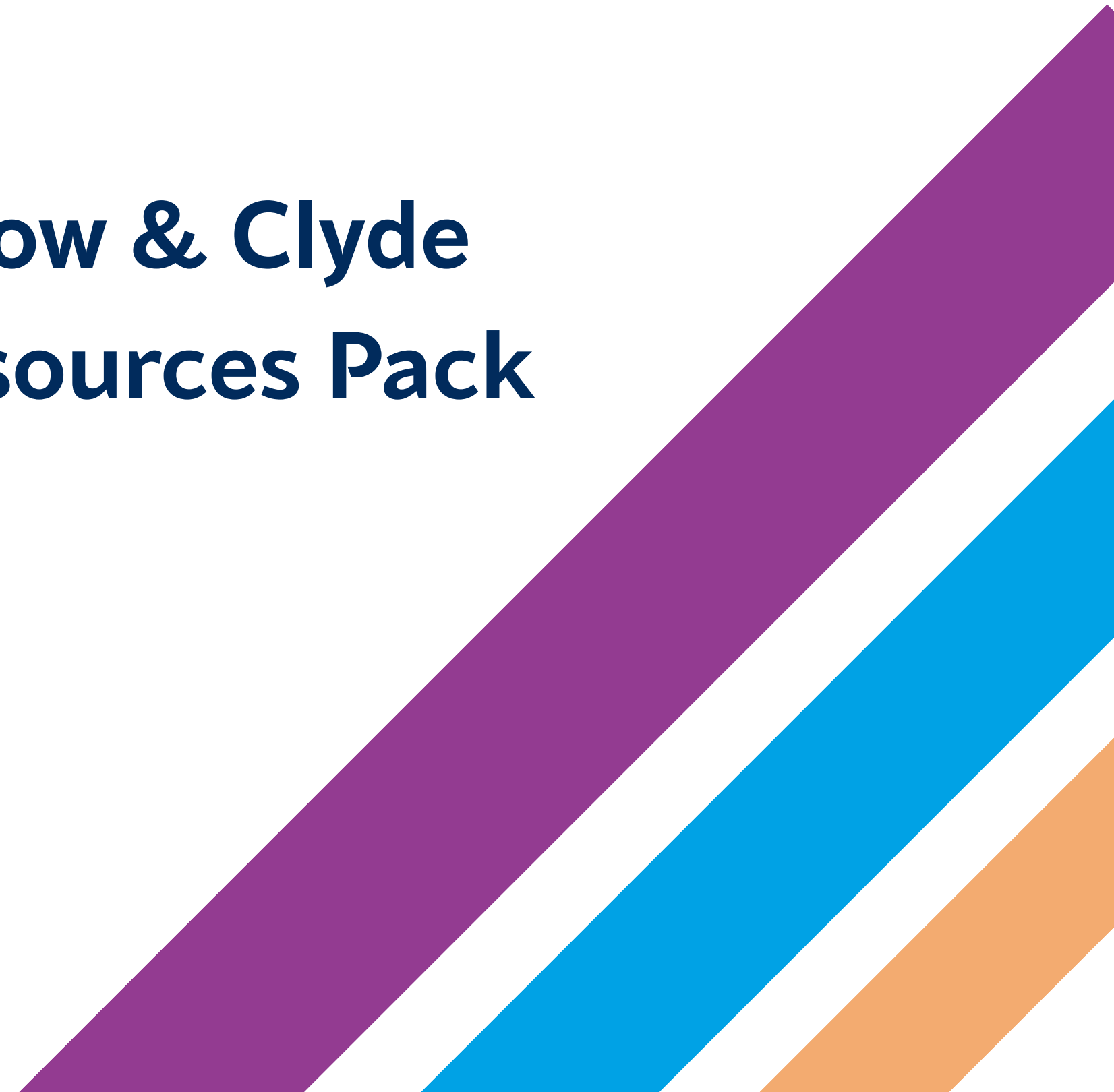


# NHS Greater Glasgow & Clyde Vaping Risks and Resources Pack 2025



## Overview

A ban on the sale of disposable vapes came into force in Scotland on 1 June 2025.

In light of this, NHS Greater Glasgow and Clyde has created a suite of new resources which provide information on the risks associated with vaping and give guidance to young people and adults looking to cut-down or quit.

This toolkit provides a summary of these resources and links to download, print or order larger print runs of materials through our Public Health Resource Directory.

## Contents

- Vaping Risks - short video
- E-Cigs and Vapes (NHSGGC website homepage)
- E-Cigarettes - The Facts (Public Health Scotland booklet digital/download)
- Stop Vaping Tips for Adults (digital/download)
- Stop Vaping Tips for Young People (digital/download)
- Young People and Vaping Briefing Paper (digital/download)
- Vaping Risks and Resources Linktree
- Using our Public Health Resource Directory

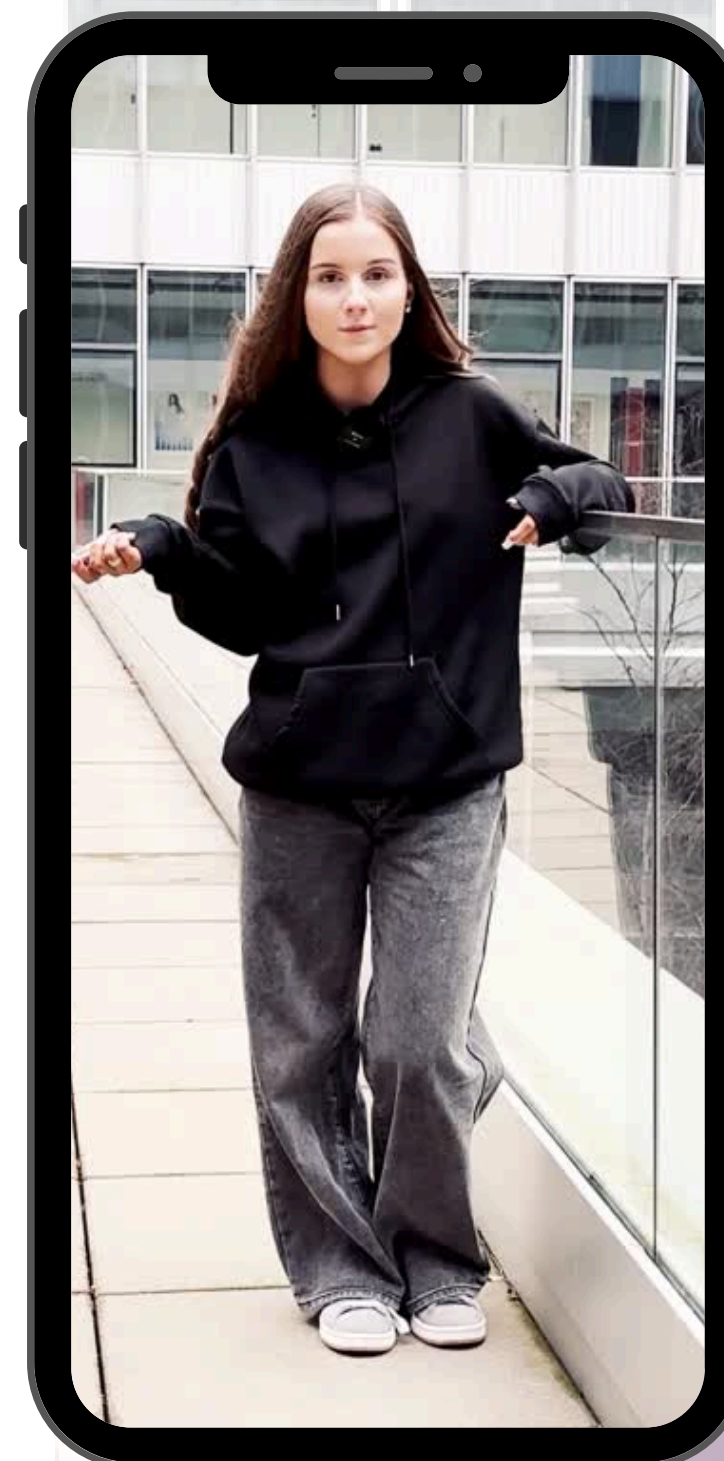
## Vaping Risks - short video

This video is a helpful introduction to any discussions you're having with young people about the risks of vaping.

Filmed at the City of Glasgow College, it follows a young person explaining what a vape is, what nicotine does to the brain and how vapes can be a drain on a young person's health, development and finances.

The film has been shot in the style of modern social media content, with the aim of being more recognisable and engaging for young people.

Download it [via this link](#) or [stream on YouTube](#).





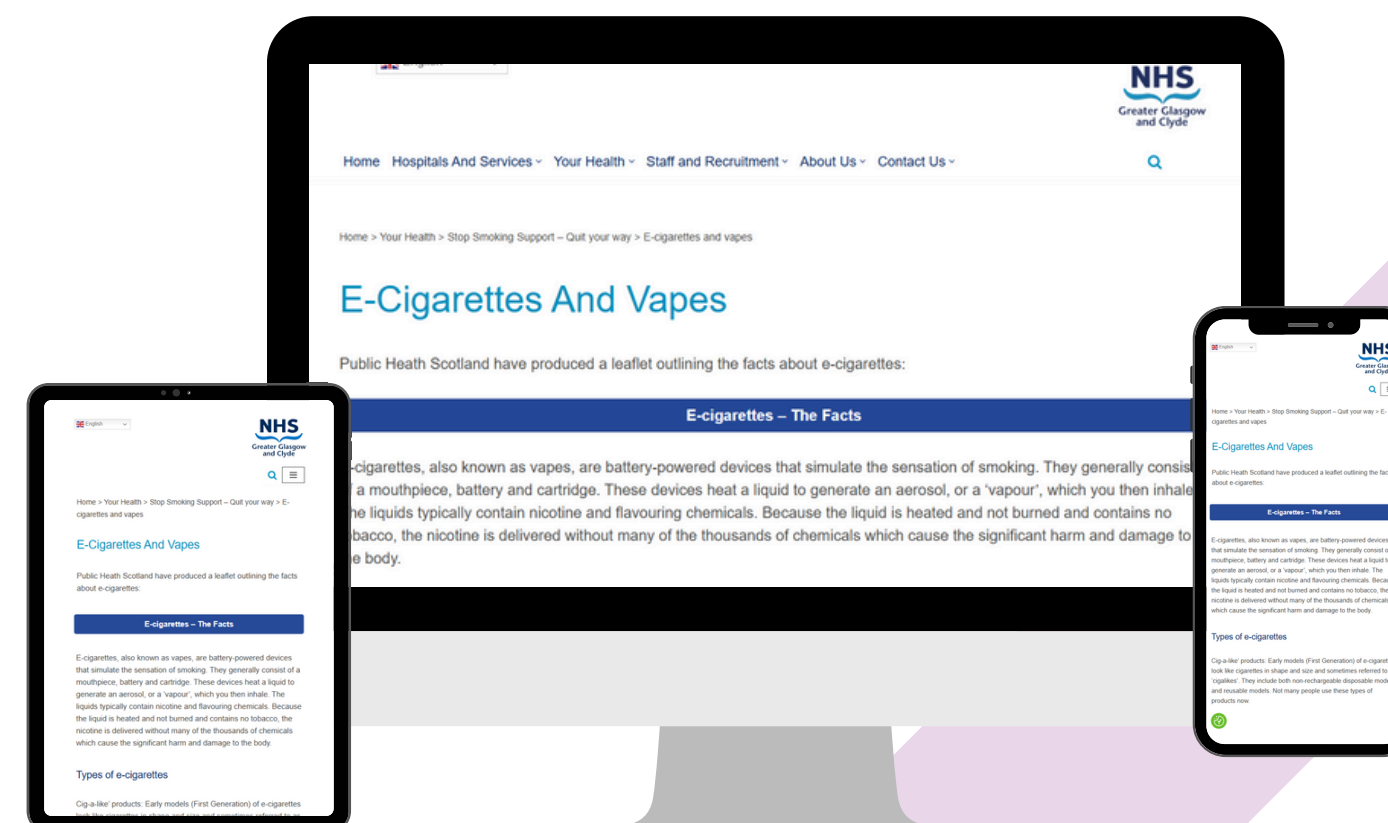
## E-Cigs and Vapes Web Homepage

Our home page is where you'll find all the info you need on e-cigs, vapes and associated resources.

Click the link or type **[www.nhsggc.scot/your-health/quit-your-way/e-cigarettes](http://www.nhsggc.scot/your-health/quit-your-way/e-cigarettes)** into your browser.

Bookmark the page as it will be updated when new resources and information become available.

You'll find these resources linked throughout the relevant pages of this toolkit and in a [Linktree](#) at the end of this document.



## E-Cigarettes - The Facts

This booklet from Public Health Scotland covers all the bases on e-cigarettes. It also links in with the National Quit Your Way service for those looking for support to quit smoking.

You can download the leaflet to your device via the link on our website, Linktree at the end of this document, or request printed copies through our Public Health Resource Directory.





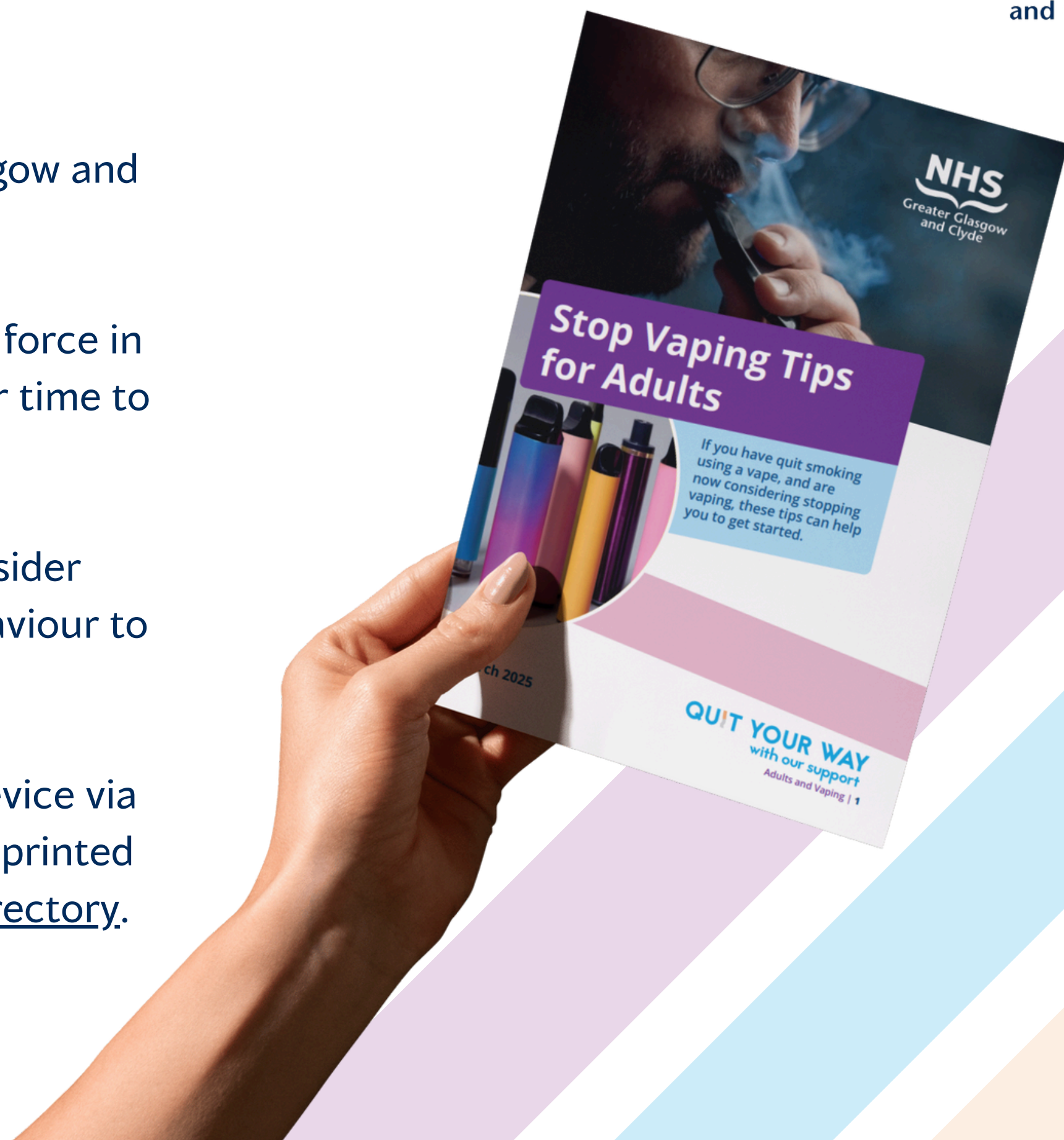
## Stop Vaping Tips for Adults

This is a new resource from NHS Greater Glasgow and Clyde for 2025.

With the ban on disposable vapes coming into force in Scotland on 1 June, there's never been a better time to consider quitting.

This guide encourages adults who vape to consider their use and gives guidance on changing behaviour to either stop in one go or cut down to quit.

Again, you can download the leaflet to your device via the [link on our website](#) or [Linktree](#), or request printed copies through our [Public Health Resource Directory](#).



## Stop Vaping Tips for Young People

This document takes the guidance from the adult paper and makes it easier for young people to understand.

It also includes a “notes” section at the back which a young person can use to create their own quitting plan and keep as a guide during their journey to stop vaping.

Access via our [website](#), [Linktree](#) or [Public Health Resource Directory](#).





## Young People and Vaping - Briefing Paper

This document is for parents, carers and staff who work with young people.

It covers everything they need to know about vaping as well as wider links to resources like Parent Club and Respect Me.

It can be downloaded for digital or print use and you can order larger print runs from our Public Health Resource Directory.

We also have a condensed version on our website and Linktree at the end of this document.

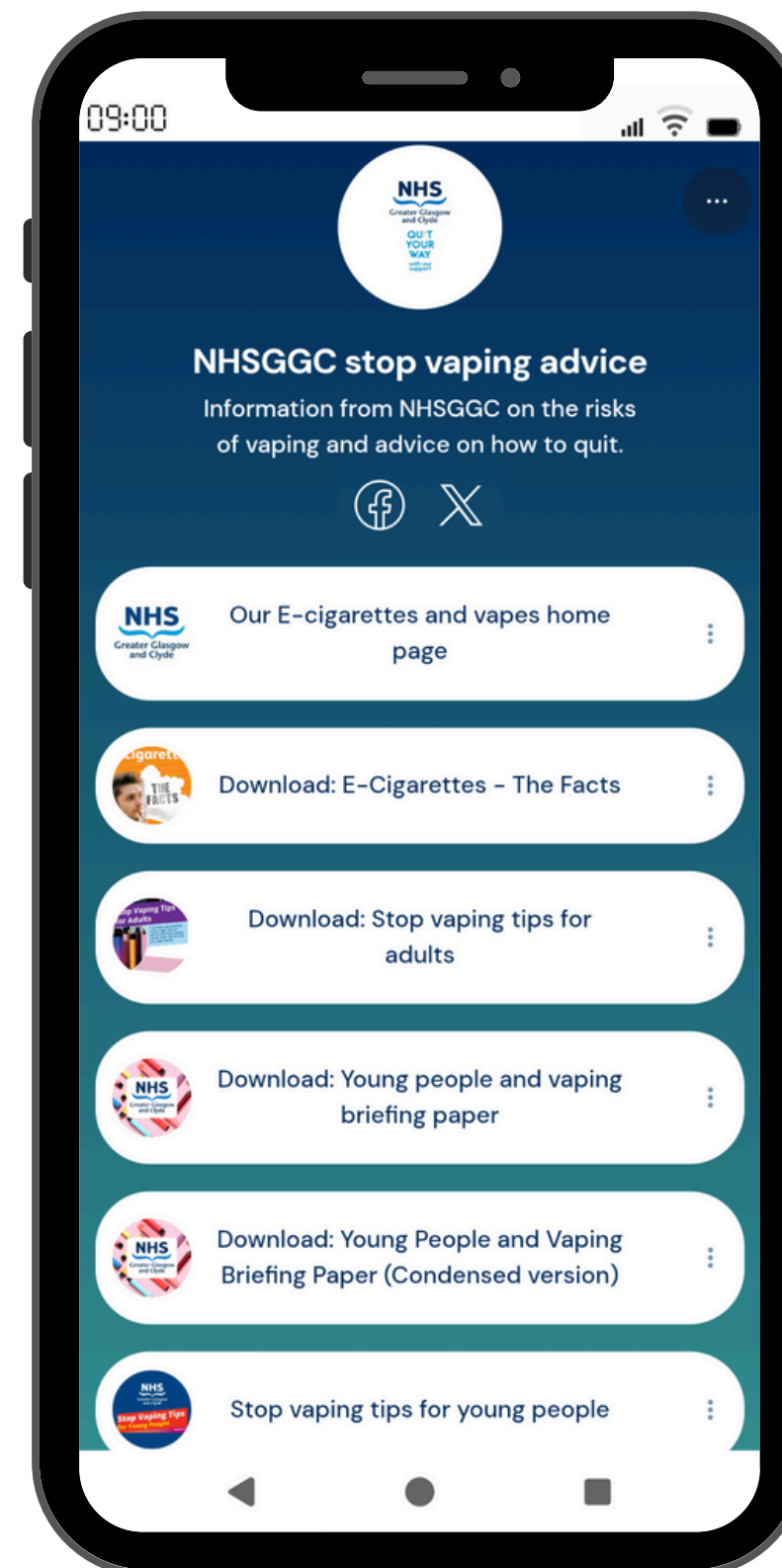




## Linktree

All resources from this document can be accessed and shared with our handy Linktree.

Please share this document as well as our Linktree URL: **[linktr.ee/NHSGGCQYW](https://linktr.ee/NHSGGCQYW)** with relevant colleagues and stakeholders to help spread the verified information in this toolkit.



## Using our Public Health Resource Directory (PHRD).

PHRD is a searchable bank of all Public Health Resources.

Any leaflets, flyers, booklets, posters and other official resources created by NHS Greater Glasgow and Clyde are available for print order here for free.

Register an account then use the “Browse by subject” link on the home page and select “vaping resources” as a search category to order materials listed in this toolkit.



# Vaping: Know the risks, make informed choices.

 [ggc.quityourway.schools@nhs.scot](mailto:ggc.quityourway.schools@nhs.scot)

