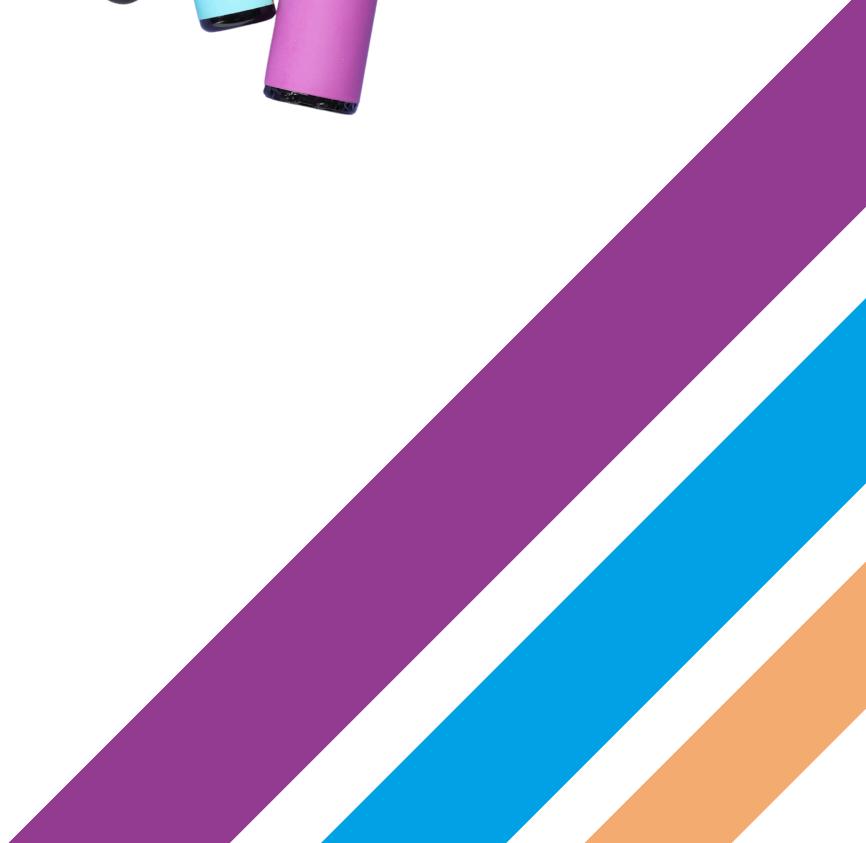


# NHS Greater Glasgow & Clyde Vaping Risks and Resources Pack 2026



## Overview

NHS Greater Glasgow and Clyde has created a suite of 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 pack provides a summary of these resources (also available at [www.nhsggc.scot/your-health/quit-your-way/e-cigarettes/](http://www.nhsggc.scot/your-health/quit-your-way/e-cigarettes/)) as well as links to download, print or order larger print runs of materials through our Public Health Resource Directory.

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- Tips to cut-down or quit vaping - 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 Information Guide (digital/download)
- Public Health Resources Directory

## Vaping Risks - short video

This video is a helpful introduction to anyone looking for an overview on the risks of vaping, particularly young people.

Filmed at the City of Glasgow College, it explains 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.

[Stream via NHSGGC YouTube.](#)



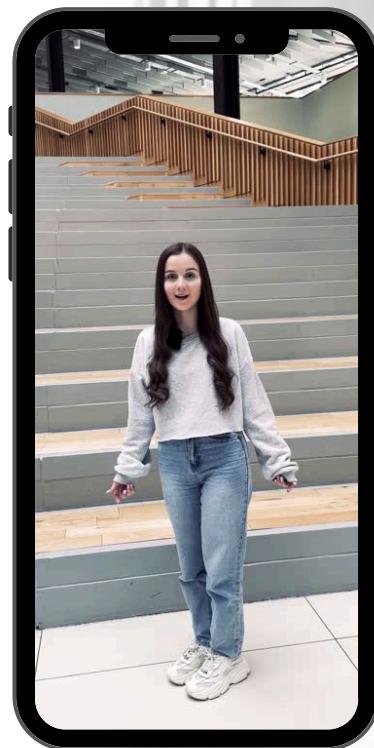
## Tips to cut-down or quit vaping

This video covers our advice for cutting down or quitting vaping.

It offers simple step-by-step guides for people who want to reduce their vaping or quit completely.

It's packed with tips, like picking a quit-date and tracking when you normally vape, and advice on how to fight cravings and urges by listening to music or talking to a friend.

[Stream on NHSGGC YouTube.](#)

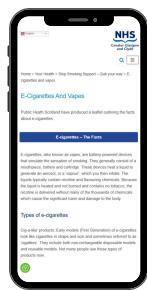
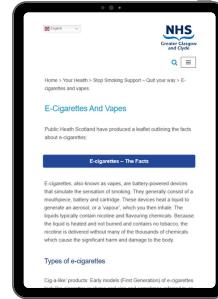
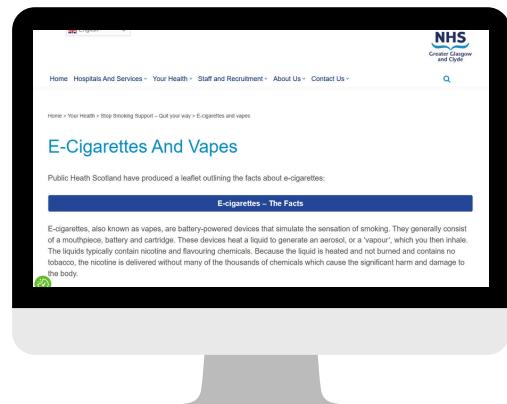


## E-Cigs and Vapes Web Homepage

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

Click the link above 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.



## 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.](#)



## 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.](#)



## Stop Vaping Tips for Young People

This document takes the guidance from the adult guide 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](#).

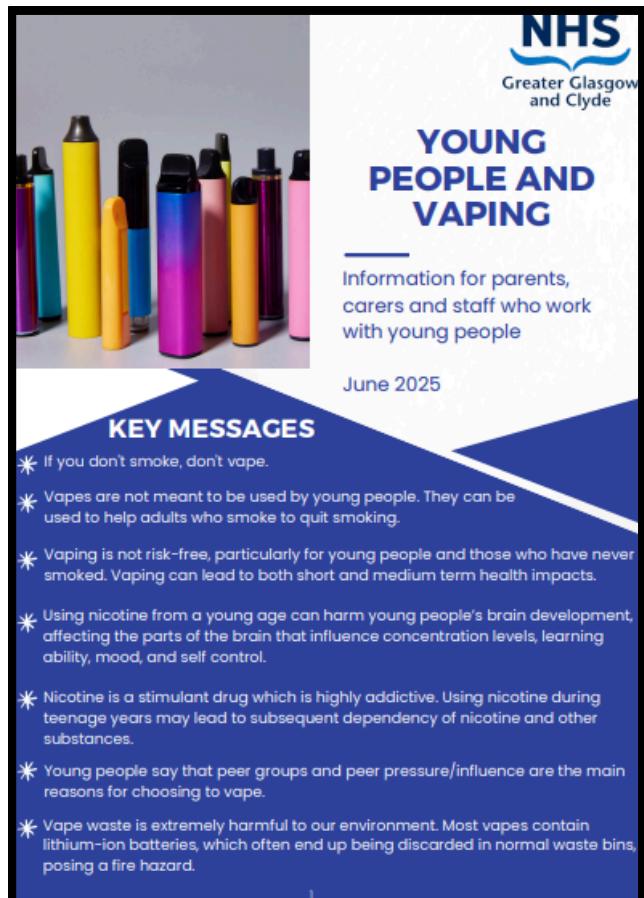


## Young People and Vaping – Information Guide

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

If you're in any of those categories, it's a one-stop-shop if you're new to the topic or worried about a young person vaping, and contains helpful links to resources like Parent Club and Respect Me.

It can be downloaded for digital or print use and we also have a condensed version for a shorter read.



## The Public Health Resource Directory (PHRD)

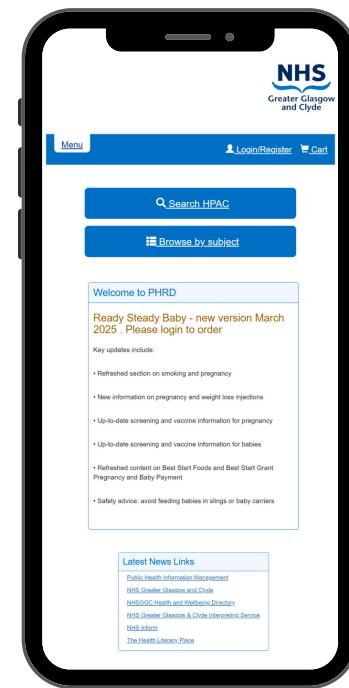
PHRD is an online catalogue of Public Health and Health Improvement Resources.

Resources can be accessed by anyone living or working in the Greater Glasgow and Clyde area. Resources are free to order or download and please allow 2-3 weeks for the completion of orders.

For clients employed by NHSGGC, delivery will be by the NHS transport system. All other clients will be contacted to arrange uplift of their order between 8am and 3.30pm Monday to Friday. View our guide to PHRD or contact [ggc.perl@nhs.scot](mailto:ggc.perl@nhs.scot)

### **Collection address:**

Central Stores  
NHSGGC Depot  
21 Dava Street  
Govan  
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## Vaping: Know the risks, make informed choices.

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