

Smoking and vaping

Find trusted information, advice and support about smoking and vaping for young people, parents, carers, and professionals. Learn about health risks, nicotine addiction and where to get help and support.

What you need to know

Smoking and vaping can affect your health and wellbeing. Smoking is the leading cause of preventable illness and early death, while vaping is not risk-free and is not recommended for children or young people.

Most vapes contain nicotine, which is highly addictive. If you don't smoke or vape, the healthiest choice is not to start.

How PHA helps

The PHA works with schools, communities and partners in Northern Ireland to:

- provide trusted information and advice
- deliver public awareness campaigns
- develop resources for parents, carers, schools and professionals



Talking to your child about vaping

This leaflet provides information and guidance for parents who want to talk about vaping with their child.



Vaping factsheet

This factsheet explains what vaping is and outlines the law which regulates the contents and sale of vapes. It considers the reasons why young people vape and why parents should be concerned.



Stopping smoking made easier (English and translations)

This booklet takes smokers through the stages of stopping smoking - preparing to stop, stopping, and staying stopped.



Stop smoking services wallet card

This card highlights the fact that smokers are four times more likely to quit successfully if they have support and signposts the public to the website www.stopsmokingni.info where they can find over 550 free stop smoking services available in Northern Ireland.

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