



Quit Help in Singapore National quit programmes, polyclinics, school counsellors and workplace wellness advisers offer free or subsidised counselling, behavioural plans and, where appropriate, approved cessation aids. Setting a quit date, informing family, removing triggers and tracking cravings improve success. If slips occur, counsellors adjust plans without judgment. Early contact works better than waiting for dependence to deepen. Supporting Family and Friends If someone you know searches for vapes, respond with concern rather than punishment. Share legal and health facts, agree on household rules for unknown links and payments, and offer to attend a counselling session together. Praise steps toward quitting and keep follow-up check-ins brief and consistent. Professional guidance helps when cravings or peer pressure persist. If anything feels rushed or secretive, step away; pressure itself is a warning sign. Contact Bait and Data Theft Messages asking you to add unknown contacts, install shopping APKs or share ID selfies for age checks can harvest personal data. Such data may be reused for spam, impersonation or loan scams. Legitimate health services never ask for payments via chat handles or remote-access apps. Decline OTP sharing, screen-sharing and sideloaded apps outright, and revoke permissions if already granted. Flavour and Design Myths Sweet names and colourful devices do not mean lower nicotine or safer vapour. Laboratory tests in various countries have found labelling mismatches, where actual nicotine exceeded stated levels or unlisted chemicals were present. Marketing that frames flavours as harmless or as study aids is misleading. Treat flavour variety as a sales tactic, not a safety signal. FAQs How can parents help? Discuss ads calmly, set rules against unknown contacts and payments, review statements together and offer joint counselling visits. What about stress relief claims? Nicotine relief is largely withdrawal relief between doses. Exercise, sleep hygiene and counselling address stress without dependence. Can schools help? Yes. Schools typically outline policies and refer to counsellors and national quit support without judgment. Additional Note: Why Bans Exist: Health Basis Authorities cite nicotine addiction, unknown long-term inhalation effects from flavour chemicals and heating [lana vape singapore](#) byproducts, and youth [singapore lana vape](#) uptake risk. Unlike regulated medicines, black-market vapes have no quality assurance for nicotine strength, contaminants or battery safety. Public health guidance therefore advises complete avoidance, especially for adolescents, pregnant persons and those with heart or lung conditions. Counselling and quit services offer evidence-based support without vaping. For file 001, connect this to your notes and keep lawful choices in view.