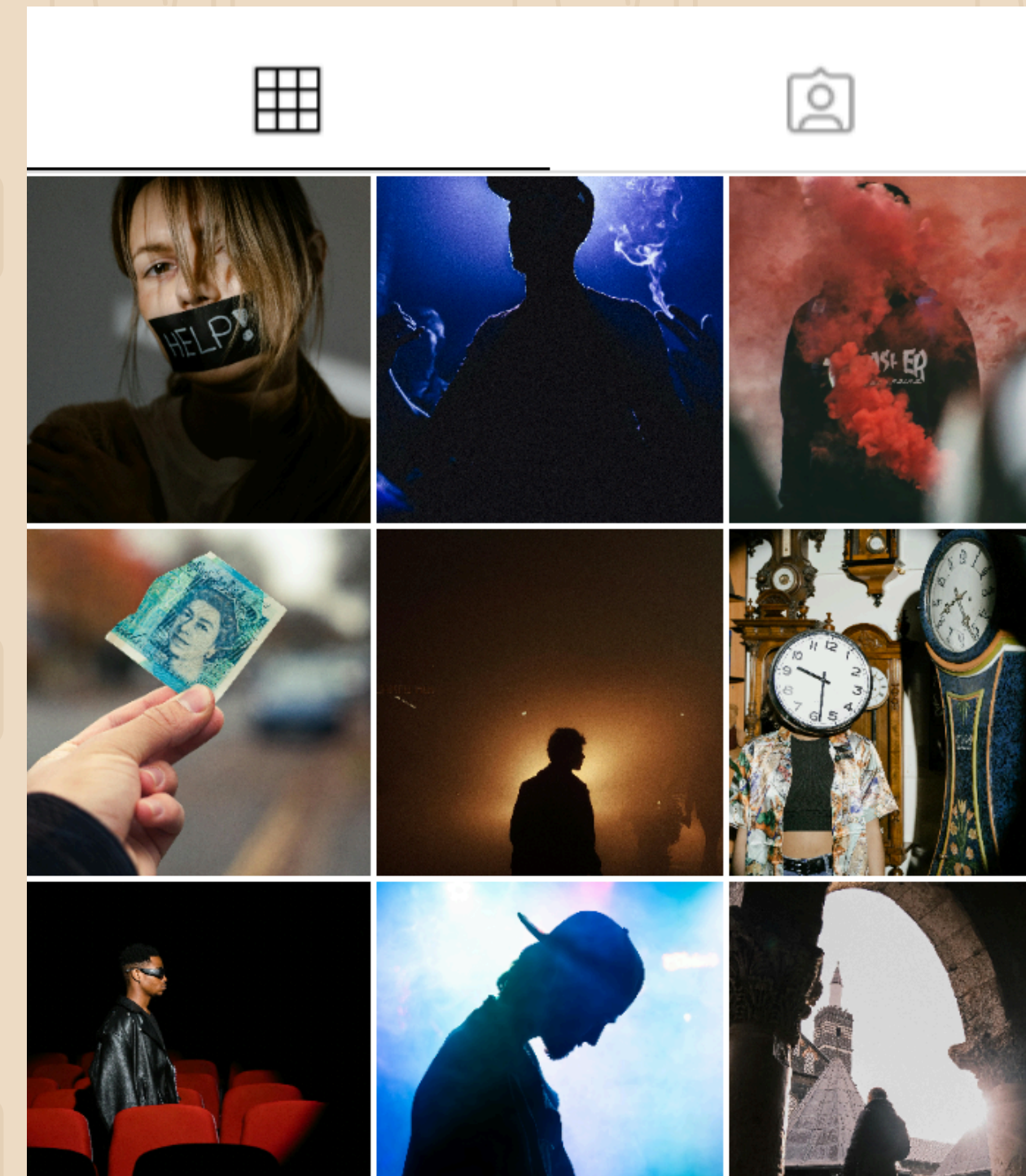
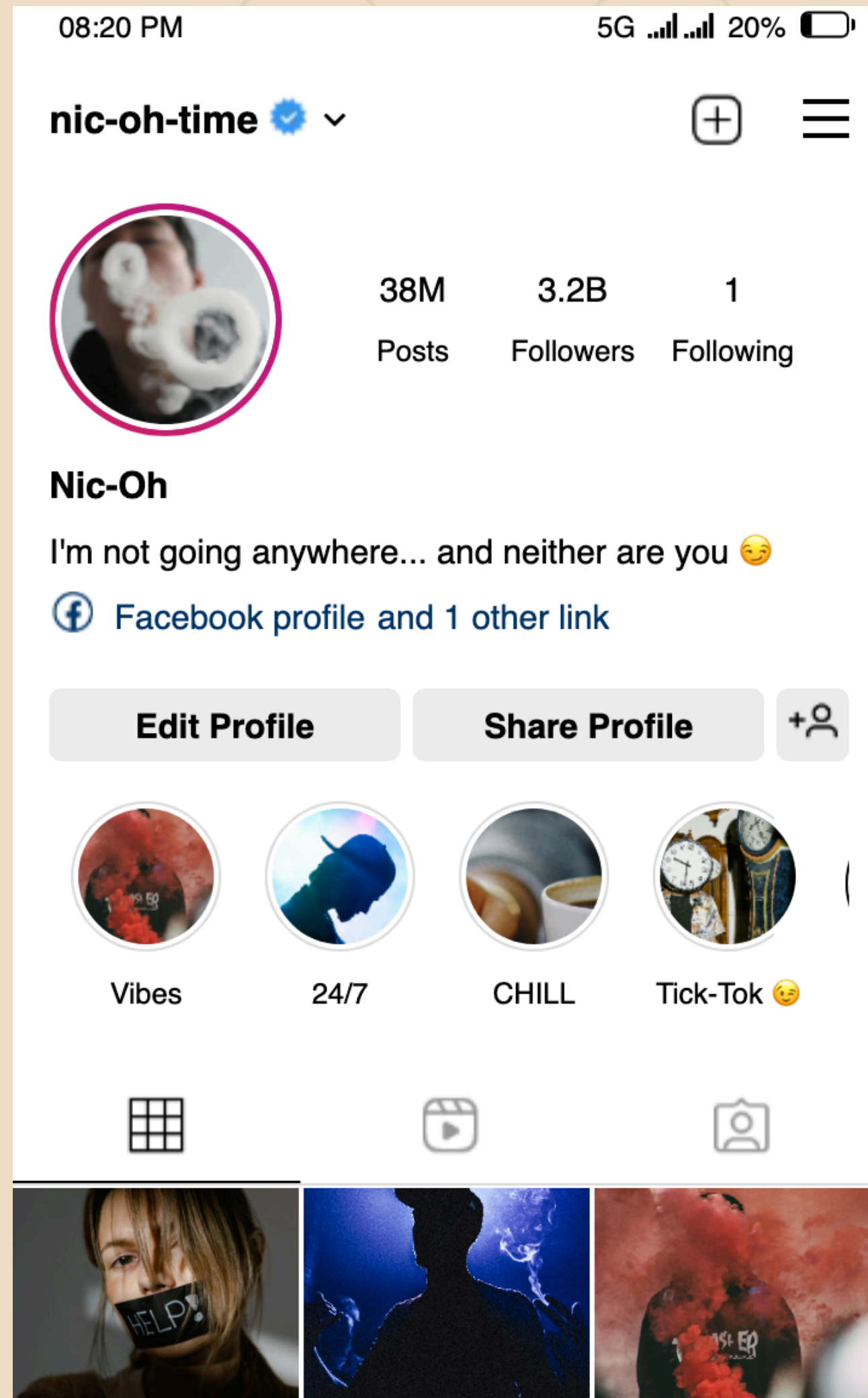


MEET NIC-OH



The Influencer
Everyone Knows





330,596 likes

Nic-Oh Just me and you 😊 ... more

[View all 330,596 comments](#)

Clarissaa Always there when I need a break 💛

FroggyFeet42 my ride or die 🔥



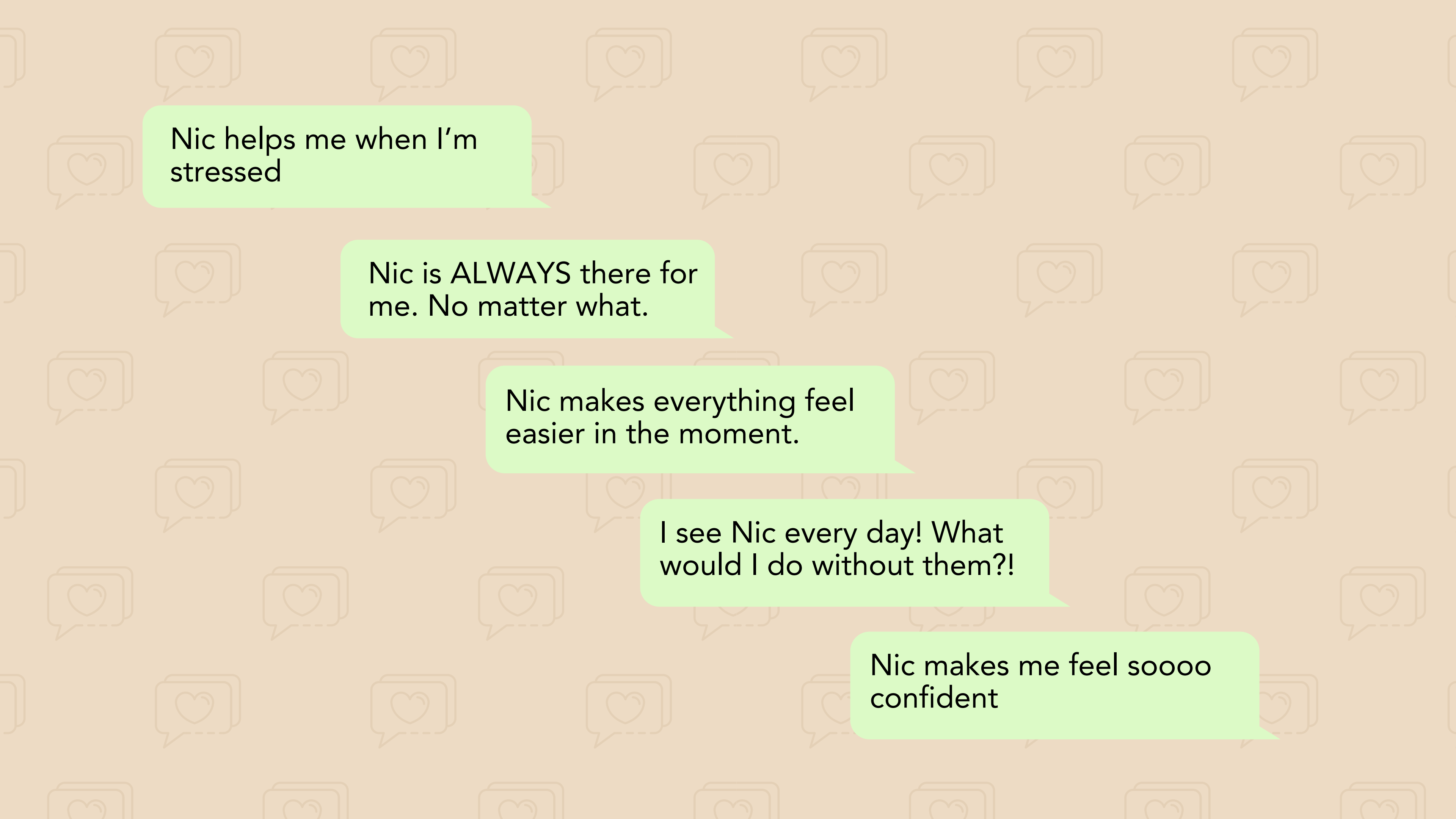
927,323 likes

Nic-Oh Always here when you need me 🥰 ... more

[View all 121,220 comments](#)

PixelPiper Only thing that gets me through the day NGL 🥰

EchoInTime Fr always got my back no matter what.



Nic helps me when I'm stressed

Nic is ALWAYS there for me. No matter what.

Nic makes everything feel easier in the moment.

I see Nic every day! What would I do without them?!

Nic makes me feel soooo confident

WOULD YOU FOLLOW NIC-OH?

unFollow

FOLLOW





83,232 likes

Nic-Oh They had fun... but you had me. 🙄 ... more

[View all 45,344 comments](#)

Jays4Days Lowkey starting to feel like I got played. 🤡

Missed the end of the film AGAIN

TinkyB Ugghh everyone is talking about it and I wasn't there.
Embarrassing 🙄

Jonotothemoon Missed the winning goal for this 😭

SianRo SO ANNOYING you made me step outside again 🙄

Nic-Oh Chill Sian! Send a DM sounds like you need me 🙄



22,234 likes

Nic-Oh Friendship comes a price. Worth it tho right? 😊 ...
more

[View all 34,283 comments](#)

Sammixoxo Can't believe how much I've spent on YOU this month 🤯

Terripi Brooooo! I was THIS close to copping those Nikes. Now I'm just broke. 😭

Liv.Lost Why am I giving you all my money nic???? 😞

Nic-Oh You keep coming back. 😂 I must be worth it! 😊



20,220 likes

Nic-Oh Where does the time go? 🧟 ... more

[View all 20 comments](#)

MidnightShift Probably where my money went... nowhere useful. 🙄

LoopedInAgain I blink and you've taken another 20 minutes off me 🙄

ElliotXtra Nahhhh but real talk... you're draining me 🥱

StillHereForSomeReason Lost another year to you. Wild. 🙄

Nic-Oh You say that.... but you're all still here 🙄

Noooo you're taking too much money from me!!

I don't even want to be here 🙄 but I can't leave.

I swear I felt better before I met you, but now I just feel drained all the time...

I missed so much because of you. 🙄

Didn't I unfollow you?

My friends literally hate me being around you.



Nic-Oh: You keep saying you'll leave... but you never do. We both know why.



WHO IS NIC-OH?

**Nic-Oh is an addiction.
Nicotine.**

HOW NIC-OH HOOKS YOU

- Nicotine is the ultimate influencer—it tricks your brain into thinking you need it.
- It hijacks your brain's reward system, making you crave more, even when you don't want to.
- It convinces you that quitting is impossible—but that's just the addiction talking.
- It makes you feel like life is better with it, but in reality? It keeps you hooked.
- You don't follow Nicotine—**Nicotine follows you.**

SIDE EFFECTS OF NIC-OH?



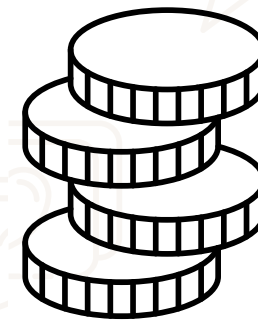
Mental Health: Anxiety, irritability, insomnia, restlessness.



Social Life: Missing out, stepping away from friends, feeling excluded.



Physical Health: Tired all the time, feeling drained, struggling to focus



Financial Impact: Spending money that could go toward things that matter.



NØ SMOKING DAY

12TH MARCH 2025

EVERY MINUTE COUNTS