



Escape the Vape: Support Hub



By Year13 in Partnership with the Department of Health and Aged Care

Overview

- If you're ready to stop vaping for good, you don't have to do it on your own.
- We've put together a hub full of resources and 24-hour support (including live chat), to make the process that little bit easier.

Sick of vaping? It can creep up on you, sometimes without you even noticing. But if you're here, you've probably reached the point where you're ready to end your toxic relationship with vapes and move on. To help make that happen, we've put together all the essential info, resources and support all in one convenient place.

Important info

Vapes, AKA e-cigarettes, can contain over 200 chemicals in the e-liquid - many of which can cause serious health issues, like lung damage and throat irritation in the short-term and harm brain development in the long term. Many also contain nicotine, which is highly addictive and can lead to overdoses.

It's safest to avoid vaping entirely and say nah, thanks. If you've already started vaping, the sooner you quit, the sooner you can minimise the effects it will have on your body.

How does vaping affect young people?

Vapes are harmful to your health at any age, as they expose you to toxic chemicals which may impact both your physical and mental health.

Our brains are still developing until the age of 25, so vaping as a young person can harm your brain development.

Legality of vaping

Many sellers have been breaking the law and selling nicotine vapes to people without prescriptions. But the law is changing and soon, vapes will only be available from pharmacies with a prescription. And only available for those who currently smoke or have nicotine dependency. There's no better time to quit than now

Want more info?

Find more information on vaping and where you can get support to quit.

- Department of Health and Aged Care – [**About vaping and young people**](#)
- NSW Health [**vaping and e-cigarettes page**](#)
- NSW Health Facts about vaping [**do you know what you are vaping?**](#)
- VicHealth [**Everything we know so far about vaping**](#)
- QLD Health [**Nothing sweet about vapes**](#)
- Quitline [**See through the haze**](#)
- Cancer Council WA [**Clear the air**](#)
- Minderoo Foundation [**UNCLOUD**](#)
- Lung Foundation Australia [**Vaping and young people \(age 12 to 17 years\)**](#)
- Lung Foundation Australia [**Vaping and young people \(age 18 to 24 years\)**](#)

Who you can talk to for support to quit vaping or mental health support:

Quitline

Contact Quitline for help to quit smoking or vaping. You can call the hotline on 13 QUIT (13 7848), to talk to a counsellor or request a callback. In some states and territories, the Quitline offers an online chat service and has resources for health professionals. Visit their website for more information.

137 848

Kids Helpline

Kids Helpline provides a free, private and confidential phone and online counselling service for young people aged from 5 to 25. The service is available 24 hours a day from anywhere in Australia.

1800 551 800

Beyond Blue

Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.

1300 224 636

headspace

headspace is a mental health support service for young people and their families with a focus on early intervention. Young people aged between 12 and 25 experiencing mental health issues can contact them online or via the phone to access support services from 9 am to 1 am, 7 days a week.

03 9027 0100

ReachOut

Visit the ReachOut website for help and support on mental health issues for young people. Information is also available for parents and schools.