Take control and quit smoking and vaping with My QuitBuddy

My QuitBuddy is a free smartphone app that offers support to quit both smoking and vaping.

You can customise My QuitBuddy to suit you:

* Set your own goals and motivations to quit
* Get help resisting your cravings with a range of distractions
* Keep track of how long you have been vape-free or smoke-free and how much money you have saved.

It’s never too late to quit and My QuitBuddy is ready to help you.

Learn more and download My QuitBuddy

health.gov.au/GiveUpForGood