

**GIVE UP
FOR GOOD**



Australian Government
Department of Health
and Aged Care

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.

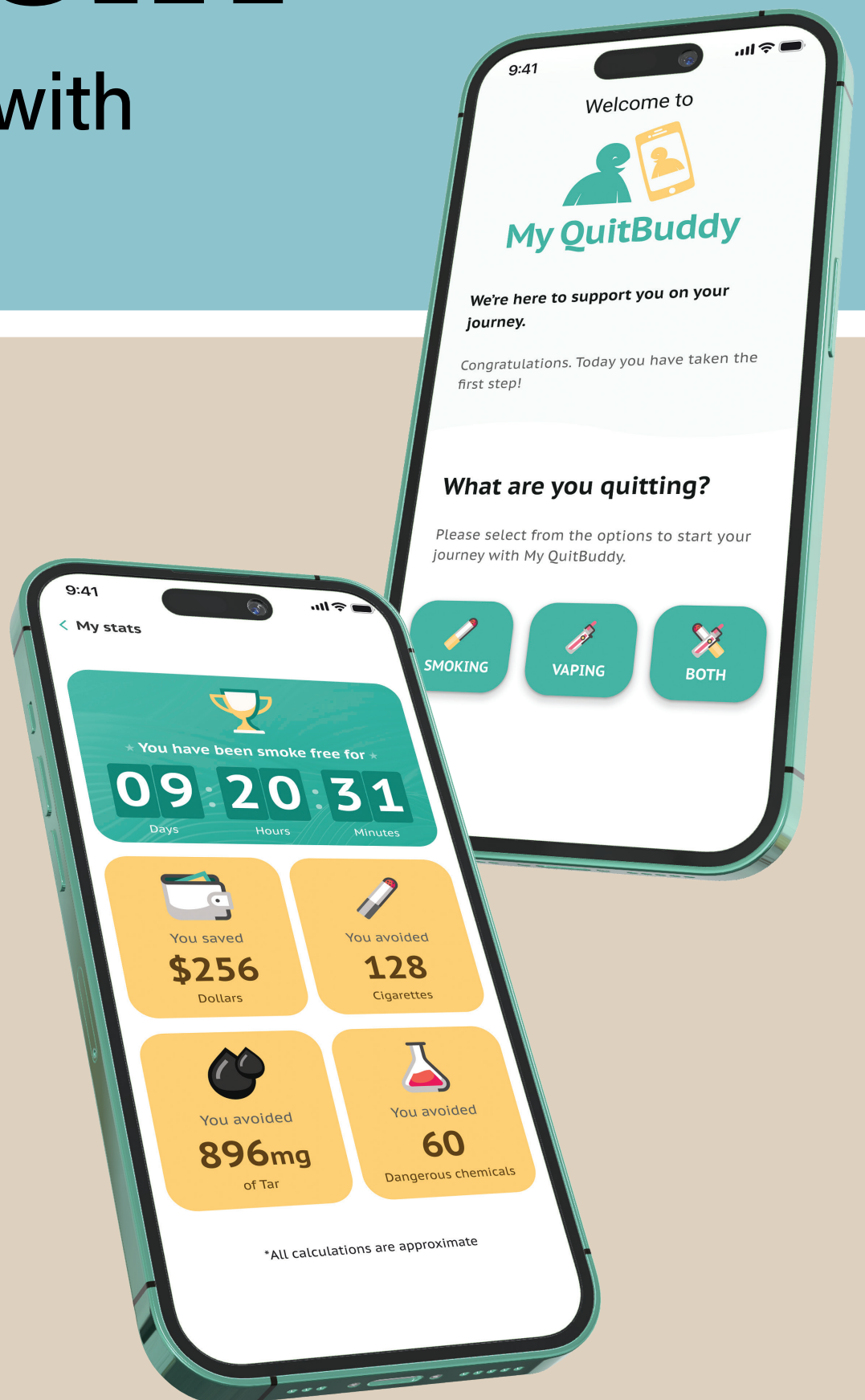
You can customise My QuitBuddy to suit you:

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

