



Australian Government

Department of Health  
and Aged Care

LET'S JOIN THE THOUSANDS  
QUITTING VAPES

# Do you need help to quit vaping?



Thousands of people are quitting vaping or are planning to quit soon.



You can make a plan to quit too.



It might take a few goes to stop, but there's lots of support to help you.



Download the My QuitBuddy app today.



Find support

[health.gov.au/vaping](https://health.gov.au/vaping)

Scan to download



My QuitBuddy

