



Need help quitting? Get the My QuitBuddy app

The My QuitBuddy app is packed with new tools and tips to help you give up for good

- Set goals to help you stay motivated to quit
- Track how long you stay vape-free or smoke-free and how much money you save
- Share messages of support with other My QuitBuddy users
- Distract yourself during cravings
- Learn about the health benefits and celebrate your milestones



Download
for **FREE** from
your app store

For help and support:



health.gov.au/GiveUpForGood



Australian Government
Department of Health
and Aged Care

**GIVE UP
FOR GOOD**