



Australian Government  
Department of Health and Aged Care

# THERE IS NOW EVEN MORE SUPPORT TO HELP YOU **QUIT SMOKING AND VAPING**

*And there's never been a better time to quit.*

**For tools and support:**

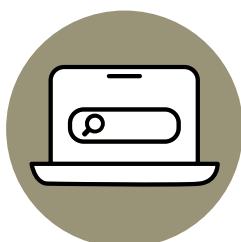
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**Talk to your doctor, pharmacist or other health professional** about the options available to help you quit.



**Call the Quitline on 13 7848** for confidential advice and support from professional counsellors.



**Visit [quit.org.au](https://quit.org.au)** for information, tools and links to a range of support options.



**Download the free My QuitBuddy App** through the Apple app store or Google Play for quit tips, distractions from cravings and to connect with others who are also quitting.



[health.gov.au/tobacco-control](https://health.gov.au/tobacco-control)

**Quitline**  
**13 7848**