

**GIVE UP
FOR GOOD**



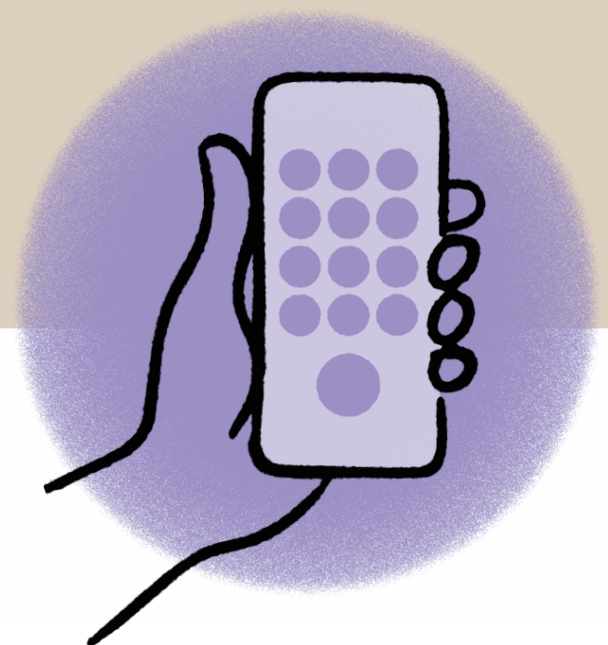
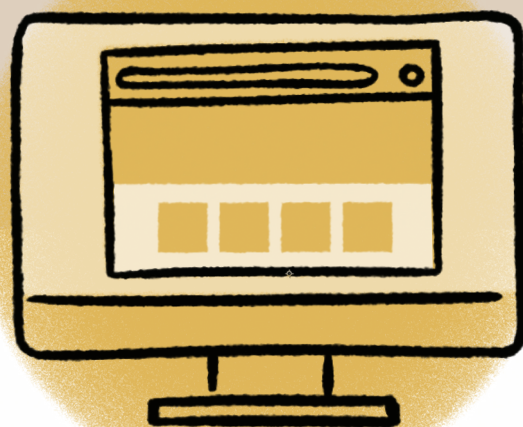
Australian Government

Find your way

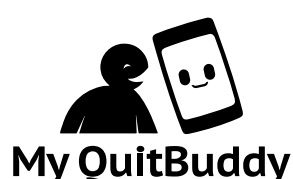
to quit smoking and vaping.

Quitting can be hard but you can get help.

Every time you resist a craving, you are one step closer to quitting smoking and vaping for good. A range of free quit support services are available to help you quit and stay quit.



Talk to a health professional and get free tools and support



health.gov.au/GiveUpForGood

Quitline®
13 7848