

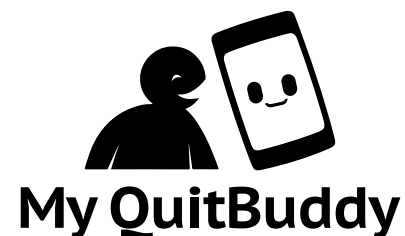
**GIVE UP  
FOR GOOD**



Australian Government

# Take control and quit

smoking and vaping with  
**My QuitBuddy**



**My QuitBuddy is a free smartphone app designed to help you get, and stay, smoke- and vape-free.**

You can customise the new My QuitBuddy app to suit your needs:

See how much money you've saved

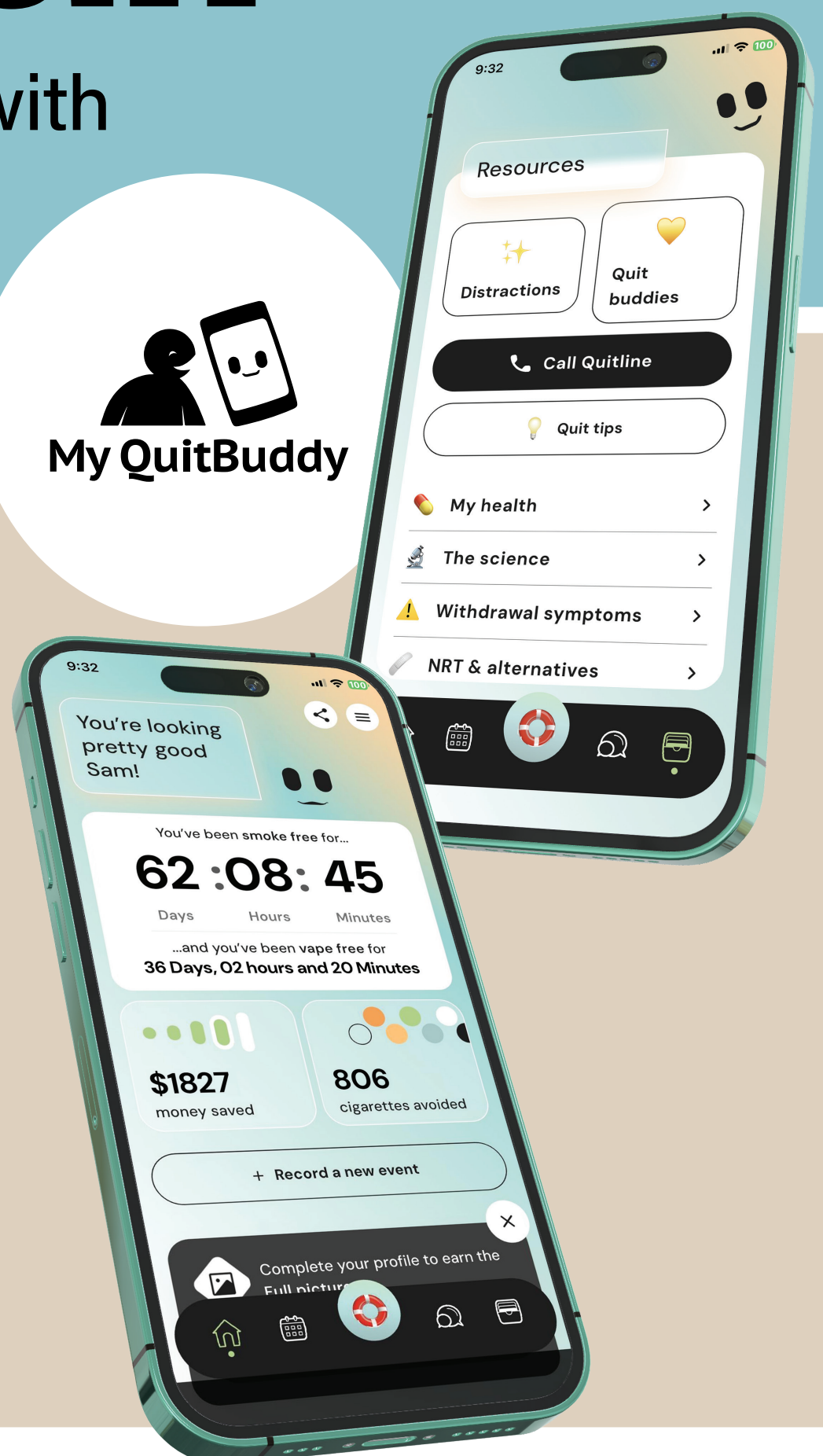
Use the mindfulness tools and distractions to beat cravings

Read supportive messages, share tips, and inspire others in the community forum

Learn how quitting can improve your health

Set your goals and motivations to quit

Track your quit journey and earn achievements to celebrate wins along the way.



Download My QuitBuddy and find more support to quit

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

