



Australian Government

LET'S JOIN THE THOUSANDS  
QUITTING VAPES

# Do you need help to quit vaping?

It can be easier to quit  
with a friend.



Thousands of Australians are  
quitting vapes – and you can too.



Make a plan to quit.



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

