



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

Scan to download


My QuitBuddy

