



# Need help quitting the smokes or vapes?

The My QuitBuddy app is packed with new tools and tips to help you give up for good

- Track how long you stay vape-free or smoke-free
- Calculate how much money you save
- Set goals to help you stay motivated to quit
- Share messages of support with other My QuitBuddy users
- Distract yourself during cravings
- Learn about the health benefits and celebrate your milestones



Download  
for **FREE** from  
your app store

For help and support:



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



Quitline  
13 7848



**GIVE UP  
FOR GOOD**