

“DO YOU NEED HELP TO QUIT VAPING?”



If you're thinking about quitting vaping, it's time to make a plan.



It might take you a few goes to quit, but there's plenty of support to help you.



INSPIRING A HEALTHIER SPORTING NATION

Join the thousands quitting vapes

Find out how vapes can affect you and get support to help you cut back or quit.

health.gov.au/vaping

