

Queensland Health

# You can quit. We can help!

Thinking about quitting vaping?



**quit for good.**

3069QAS



**Queensland  
Government**

# You don't have to quit alone.

## Quitline can:

- Help you create a quit plan and give you tools for how to manage cravings.
- Send you quit support information over text or by email.
- Give you free quit products such as patches, gum and lozenges. These products help lower your cravings and withdrawals when you stop vaping.

## Quitline team members are:

non-judgemental

friendly

of different ages and backgrounds



Call us on **13 78 48** or  
visit our website to get started

<https://vapingexposed.initiatives.qld.gov.au> 



 **Quitline 137848**