

quit for good.

Queensland Health

You can quit.
We can help!

Thinking about quitting vaping?



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**