

 Quitline 13 7848

Know your triggers

Do you vape:



With friends?



With alcohol?



Watching TV?



When stressed or bored?



Get the facts on vaping at
vapingfacts.org.au

If I need help to quit vaping, I can:

- Contact Quitline:
 - › Call **13 7848**
 - › Ask Quitline to call me back for free at **quit.org.au/callback**
- Talk about quitting with my doctor, pharmacist or other health professional
- Go to **quit.org.au** for quick tips, tools and resources on quitting



Scan the QR code or visit **quit.org.au/quitline**

There are more ways to contact Quitline including **webchat, WhatsApp** and **Messenger**

quit.org.au

