

# BREAK THE VAPE

## THINKING ABOUT QUITTING OR REDUCING VAPING OR SMOKING?

FREE & PRIVATE HELP OPTIONS AVAILABLE TO YOU:



### Apps

- MyQuitBuddy
- QuitSure Quit Smoking Smartly app
- Quit Tracker: Stop Smoking



### Phone & textlines

- Quitline: 13 78 48
- Kids Helpline: 1800 55 1800
- Headspace: 1800 650 890
- Barwon Health: 03 4215 7705

## YOU DON'T HAVE TO DO IT ALONE.

Want a personal approach to quitting? Check out your local Barwon Health Be Smokefree Clinic. It's a free and private support service that aims to help you cut down or quit for good - no pressure, no judgment. Whether you're thinking about quitting or ready to make a change, we've got your back.

### 1 MAKE AN APPOINTMENT



Speak to a school nurse, a doctor, or make a self referral to book an appointment.

### 2 SPEAK TO A CLINICIAN



Chat over the phone so they can understand your support needs.

### 3 ATTEND APPOINTMENT



At the clinic or via telehealth.

### 4 DISCUSS STRATEGIES



Set personal goals and develop strategies to quit or reduce vaping.

### 5 ACTION YOUR PLAN



Begin applying the techniques discussed during your appointment to help you quit or reduce vaping.

### 6 FOLLOW UP APPOINTMENTS



Continued support to quit or reduce your vaping habits.



SCAN THE QR CODE TO LEARN MORE ABOUT BARWON HEALTH'S BE SMOKEFREE CLINICS

