

# Quitting vaping

Most people who vape want to quit.

Quitting might feel hard for some people, but you can do it.

There are different support options available to help you quit. Find the one that works for you.

Knowing why you want to quit vaping can help you stay on track and reach your goal to be vape free.



## *Most people who vape want to quit.*

Quitting can take a few tries but every time you quit you get better at it.

There are many reasons why you may choose to quit:



breathe easier



increased focus and better sleep



improve your physical health so you can perform better in sport



reduce feelings of stress and anxiety



save money



keep the environment healthy



keep your family and community safe



Scan to find more information on vaping for First Nations communities.

## Make quitting work for you

Try different things to find what works best for you.

Tell your friends and family that you are quitting and ask them for their support.

It is not a failure if you don't quit right away. Keep trying, learn from your attempt, notice what makes you want to vape and find what helps you stay strong.

If you're an Aboriginal and/or Torres Strait Islander person living in Queensland and smoke or vape, you can join the Yarn to Quit program. This includes quitting support and 12 weeks free nicotine replacement therapy. For more information go to: [quithq.initiatives.qld.gov.au/how-to-quit/get-help-from-quitline](https://quithq.initiatives.qld.gov.au/how-to-quit/get-help-from-quitline)

## The 4 D's can help manage cravings



**Delay** acting on the craving for at least 5 minutes. The urge to vape will pass.



**Deep breathe** – slow, deep breaths



### Do something else

- Talk to a friend
- Go for a walk, dance, or kick a ball
- Meditate or yoga
- Chew gum
- Listen to your favourite songs
- Keep your hands busy – try weaving, paint, do something artistic.



**Drink** water to take time out – sip slowly.

Be kind to yourself and remember to reward yourself for your quitting achievements. Treat yourself when you reach a goal. You deserve it!



## Quit supports

Getting support can make your quit attempt more successful.

- Speak to your doctor or Aboriginal Health Worker
- Contact Quitline [quit.org.au](https://quit.org.au) or call **13 7848** and ask to speak to an Aboriginal or Torres Strait Islander counsellor
- Join the Aboriginal Quitline Facebook page [facebook.com/Aboriginalquitline](https://facebook.com/Aboriginalquitline)
- PAVE quit vaping app **available via your app store**
- MyQuitBuddy app **available via your app store**
- For mental health support, visit Well Mob for further resources: [wellmob.org.au](https://wellmob.org.au)
- Quit HQ [quithq.initiatives.qld.gov.au](https://quithq.initiatives.qld.gov.au)
- For more information on vaping visit the Vaping Exposed website [vapingexposed.initiatives.qld.gov.au](https://vapingexposed.initiatives.qld.gov.au)

Quitting vaping is a win-win. You will feel better physically and mentally, you will have more money to spend on things for yourself and your family, you will be free from nicotine dependence, and you will be a role model to the community.

Whatever your reason to quit vaping, find the one that works for you to be vape, smoke and nicotine free for good.