

Being vape free

protects your health, your family and friends,
your community and the environment.

**Vapes contain toxic
chemicals that can
damage your lungs and
harm those around you.**

Most people want to quit vaping.

To get support on your quitting journey:

- **Speak to your doctor** or
Aboriginal and Torres Strait Islander
Health Worker
- **Call Quitline on 13 7848** and have a
yarn with an Aboriginal and Torres Strait
Islander counsellor or visit quit.org.au
- **PAVE quit vaping app** available via
your app store
- **MyQuitBuddy app** available
via your app store

For more information visit:

- **Quit HQ** via quithq.initiatives.qld.gov.au
- **Vaping Exposed** via [vapingexposed.
initiatives.qld.gov.au](http://vapingexposed.initiatives.qld.gov.au)



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