

## what support is out there to help you quit vapes?

- 1 having a chat with a quitting pro really helps!
- 2 Quit Tasmania offers free + confidential support
  - call Quitline **13 7848** (actually talk to a person)
  - text QUITVAPE to **0489 077 077** (get support via text)
- 3 find someone in your area who can also help
  - school nurse, youth worker, social worker, teacher
  - doctor or pharmacist
  - someone who has quit

download the My QuitBuddy app



# DONTLET VAPING IN



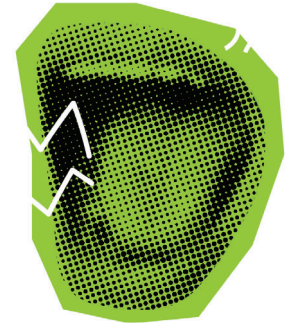
GET THE FACTS ABOUT VAPING AT  
[QUITTAS.ORG.AU/DONTLETITIN](http://QUITTAS.ORG.AU/DONTLETITIN)

# DONTLET VAPING IN



## what are vapes (e-cigarettes)?

- ⚡ vapes are battery powered devices that heat a liquid, until it turns into an **aerosol**, which is then inhaled
- ⚡ the aerosol is a fine spray of ultrafine **chemicals** that can damage the lungs
- ⚡ most vapes contain **nicotine**, even if they are labelled nicotine-free. nicotine is highly addictive



## harms of vaping

vomiting + nausea  
coughing  
shortness of breath  
dizziness + headspins  
tooth decay + gum disease  
seizures  
lung damage  
heart disease

## benefits of not vaping

feel fitter / more energy / easier to exercise  
less stress & anxiety  
not feeling controlled by nicotine  
save money to do other things



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## nicotine addiction

- ⚡ nicotine is a toxic, highly addictive chemical
- ⚡ nicotine activates your brain's receptors to release dopamine, a feel-good chemical. This makes you feel good, and want to vape more, leading to addiction
- ⚡ if you're under 25, nicotine can alter the way your brain develops, especially the parts responsible for attention, memory and learning

## signs of nicotine addiction

### ONLY THINKING ABOUT VAPES

BEING DOWN



BROKEN SLEEP



UNABLE TO CONCENTRATE



RESTLESS OR JITTERY



POOR FITNESS



INSOMNIA



## how to stop vaping

- 1 find out how you are letting vaping in, the more you know, the better you'll be at quitting
- 2 check out how to cope with things like anxiety, anger and the jitters while quitting
- 3 think of life vape-free - what will that look like?
- 4 find a good support person (someone who's got your back)
- 5 learn from how others quit

## plan to quit

- ⚡ make a list of **reasons** why you want to quit vaping
- ⚡ find out what **triggers** (situations, people or moods) make you want to vape
- ⚡ manage **cravings** with the 4ds: delay, deep breathe, drink water, do something else
- ⚡ what are you going to do **instead** of vaping?
- ⚡ if you're going to use a **product** to quit, which one is best for you?
- ⚡ set a quit **date**
- ⚡ **reward** your wins!

