

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

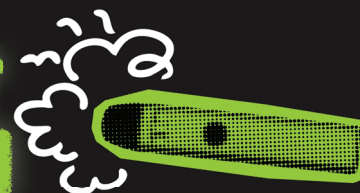


DON'T LET VAPING IN



GET THE FACTS ABOUT VAPING AT
QUITTAS.ORG.AU/DONTLETITIN

DON'T LET 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



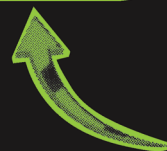
RESTLESS OR JITTERY



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!

