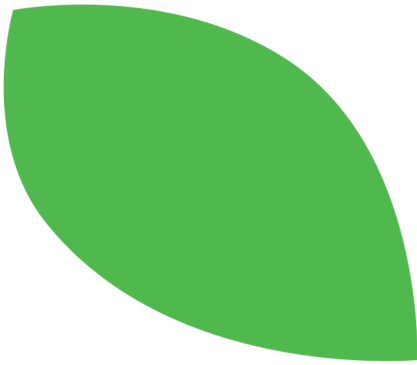


Quitting vaping and smoking helps improve your breathing, fitness and sporting performance.



Whether you are ready to quit, thinking about it, or need help to stay on track, support is available.



- Visit [Quit.org.au](https://quit.org.au) using the QR code
- Contact Quitline on 13 7848
- Download the My QuitBuddy app
- Speak to a GP or Pharmacist

VAPE Support.

Vaping Awareness, Prevention, Education, and Support for schools, sports, and community service organisations.



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I was ready to quit vaping when...

I couldn't stop thinking about taking a hit.

I had to drop out of my school's cross country because I couldn't breathe.

My anxiety started getting a lot worse, especially when I lost my vape.

I found out that my dog could be affected by my second hand vaping.

My friends also wanted to quit, so we quit together.

Thinking about quitting? Support is available.



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