

iCanQuit.com.au

# Need help to quit smoking or vaping?



NSW Health has services and products available to help you on your quit journey.

## NSW Quitline

NSW Quitline is a free and confidential telephone counselling service that can provide you with information, advice, support and encouragement to quit smoking or vaping.



**We have dedicated Aboriginal counsellors available to yarn with.**

If you need an interpreter, we can arrange one for you when you call us. You can also call the Translating and Interpreting Service (TIS) on 131 450 and ask for Quitline.

**Call us today**

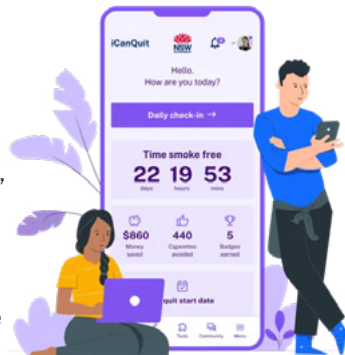
**Quitline 13 7848**

# iCanQuit

iCanQuit is more than a website - it's designed to help you quit smoking or vaping. You can build a personal quit plan, track your progress, stay motivated with tips and activities, earn badges, use games to beat cravings, celebrate milestones, and connect with a community that supports you every step of the way!



Visit [icanquit.com.au](https://icanquit.com.au) or scan the QR code to take the first step.



## Pave



A free mobile app for young people that helps you quit vaping - anytime, anywhere. With expert tips, quick distractions and progress tracking, you'll stay motivated and celebrate every milestone on your way to being vape-free.



Download Pave for free from the Apple App Store or Google Play.