

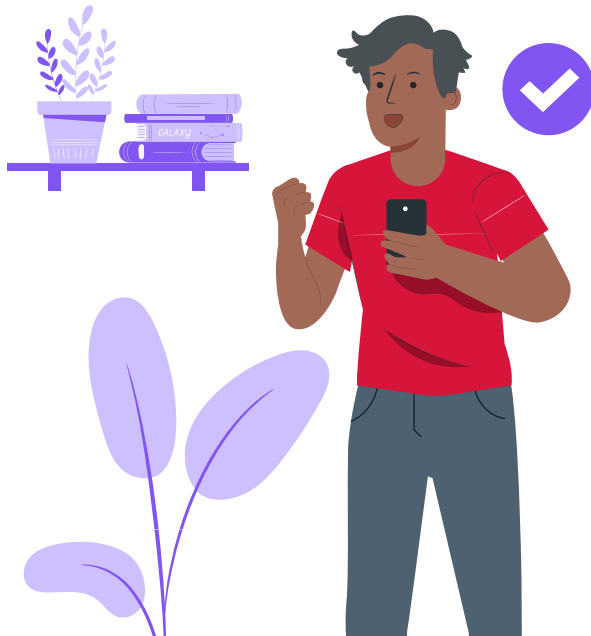
Reasons to quit

Quitting smoking and vaping is good for you, your loved ones and your wallet!

When you quit, you can:

- Breathe easier and have more energy.
- Improve your mood and mental wellbeing.
- Focus and think more clearly.
- Sleep better.
- Lower your risk of serious diseases like cancer, heart disease and lung problems.
- Protect your loved ones from second-hand smoke or vapour.
- Save money every week.





Read further about services available to help you quit.



Quit supports

We know quitting smoking or vaping can be hard, and sometimes we need extra support to quit or stay quit.

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

	iCanQuit Helps you quit smoking or vaping with tools that work for you. iCanQuit.com.au
	Pave A free mobile app to help young people quit vaping. Download Pave
	Quitline 137848 NSW Quitline Free phone counselling to help you quit smoking or vaping. Call 13 7848
	Quitline 137848 NSW Quitline for Aboriginal people Yarn about quitting smoking or vaping. Call 13 7848

Ready to quit smoking or vaping?

If you're not sure where to start, we can help.



SC242500351 | (C) 260076-1

[iCanQuit.com.au](https://www.icanquit.com.au)



NSW Quitline

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

We have dedicated Aboriginal counsellors available to yarn with.

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

Opening hours:

Monday–Friday: 8am–8pm

Saturday: 9am–5pm

Closed Sunday and public holidays.

Call us today

Quitline 137848



Pave

Quitting vaping can be tough, but Pave is here to help. Designed with young people, Pave combines real experiences with expert advice to help you quit and stay vape-free. Pave is free, and ad-free.

What Pave offers:

- Personalised tips – tailored advice to fit your quit journey.
- Distraction tools – to help you manage craving moments.
- Goal setting – set goals and stay motivated every day.
- Savings and progress tracking – watch your savings grow and keep your streak running.
- Milestones and reminders – celebrate wins and stay focused on the positive changes.



Download the Pave app and get started today

Download via Apple and Android app stores.

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://www.icanquit.com.au) or scan the QR code to take the first step.