

# E-Cigarettes and where to get help to quit



Using e-cigarettes is harmful to health. It can lead to:

Coughs and throat irritation

Anxiety, mood swings and stress from nicotine withdrawal

Addiction to nicotine

Lung injury and disease



You can get support to stop using e-cigarettes from:

Your Local GP or Health Professional

**Quitline 137848**

A free and confidential telephone service which provides information, support and encouragement to help quit smoking or vaping. (Multiple languages available).

**iCanQuit**  
com.au



Provides information and tools to help stop smoking or vaping. Get support from others who are trying to quit.

**Your Room**



Provides information and resources about alcohol and other drugs, including nicotine-products such as e-cigarettes.



This free app provides tips to overcome cravings, tracks progress and provides facts about the impact of smoking and vaping on health.

If you need language help, the **Translating and Interpreting Service (TIS)** is free.

**Phone 131 450**

Ask for the language you need and the service you need to talk to.

