



VAPING Quit support

Nicotine in vapes is highly addictive, especially if you start vaping when you're young. It might take a few tries, but you can quit for good. There are many ways to quit and support is available.

Strategies young people have used to help them quit



Work out your 'vaping triggers'.

This includes places, times, feelings or people that make you feel like vaping. Try to avoid them or put plans in place to manage them.



Pick a quit date.

Make it a time when you're less likely to be stressed or around other people who are vaping.



Know what help is available.

If you're finding it difficult to stop on your own, talk to your doctor, youth health service, or [Quitline](#).



Make a quit plan.

Include reasons to quit, plans to manage triggers and cravings, and rewards for vape-free milestones.



Get rid of your vapes.

Remove anything else that may trigger the urge to vape (e.g. muting social media accounts that feature vaping).



I quit.

Tell your friends, family or a health professional about your quit plan so that they can support you.

What to expect when you quit

Some people can experience withdrawal symptoms (or cravings) when they stop getting their regular nicotine 'hits'. Withdrawal symptoms are temporary and will usually get better in the first few weeks. They are a sign your body is recovering.

Psychological or emotional urges to vape can last longer as your brain adapts and re-learns how to work without nicotine.

Common withdrawal symptoms:



Being **down** or irritable.



Being **unable** to concentrate or think clearly.



Feeling **anxious**, restless or jittery.



Not being able to sleep well.



Feeling **more** hungry than usual.



Not being able to **focus** on things apart from vaping.

Ways to cope with vape cravings



Avoid your triggers as much as you can, especially in the first two weeks.



Carry a snack with you (e.g. fruit, nuts, sugar free gum). It can give the 'feel good' dopamine hit your brain and body is craving, and keep your hands and mouth busy.



Ask someone to support you, like a friend who also wants to quit or doesn't vape, an adult you trust, like a parent/carer or school counsellor. A health professional can also help.



Distract yourself. Message a friend, play a game, use a fidget toy or stress ball, read a book, listen to music, or try a new hobby that's hands-on like drawing or knitting.



Get active – try short bursts of physical activity like push ups, squats, star jumps or a brisk walk.



Try deep breathing, meditation or other relaxation strategies – for example [square breathing](#), [five count breath](#), or [relaxation exercises](#). A mindfulness app might give you some other ideas.

Visit cleartheair.org.au for more ways to deal with common triggers and stay vape-free.



It's normal to slip-up when you're trying to quit. It might take a few tries to quit for good. Each time you try, you learn what does and doesn't work for you.

Other quit supports

If you're finding it hard to quit or manage cravings, speak to your doctor or pharmacist. They can provide advice on options for quit medications like nicotine replacement therapy (NRT) to help manage nicotine withdrawal symptoms.

Where to get help

Chat to the [Quitline](#) (13 7848). Quitline has trained counsellors who understand nicotine dependence and can provide personalised and confidential advice, tips and support to help you stay vape-free.

Download the free [MyQuitBuddy](#) app to set personal goals, track quitting progress, and find tips to help you quit for good.



Get the facts about vaping at healthywa.wa.gov.au/vaping

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