



THINKING ABOUT QUITTING VAPES?

These options are available to support young people in the Wheatbelt. For more information, contact the service or **click on the links below.**



Clear The Air

- Learn how to quit vaping and stay vape-free
- Free digital self-help platform



Vape Free Me Program

- Individual quit vaping/smoking support program
- Free face-to-face or virtual appointments



Wheatbelt Aboriginal
Health Service

No More Ngamari

- Culturally safe quit vaping/smoking support program
- Free face-to-face or virtual appointments



Pave App

- Guides you on the best ways to give up vaping
- Free self-help app designed in partnership with young people



My Quit Buddy App

- Helps you get, and stay, smoke-free and vape-free
- Free customisable self-help app



WA Quitline and website

- Confidential phone counselling and digital resources
- Free phone or text service



Your local school student services

- School counsellor, nurse or health worker
- Check the options available at your school



headspace

- Support with mental health concerns, stress and anxiety
- Free face-to-face or online appointments



Holyoake

- Support with alcohol, other drug use and mental health
- Free face-to-face or phone appointments



GP/ Doctor

- Support with medical or mental health concerns
- Medication or nicotine replacement advice
- Face to face or telehealth appointments

More information about going vape-free can be found [here](#)