# Quit Supports

## Quitline - 13 7848

A confidential phone counselling service to assist with a quit attempt.

## GP/Pharmacist

Can recommend a quit method and provide information about using nicotine replacement therapy to assist with cravings and withdrawals.

## Kids Helpline - 1800 55 1800

A 24/7 free and confidential phone and online webchat counselling service for young people aged 5-25.

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# Local Supports

## Headspace

A free mental health service for young people aged 12-25.
Locations: Braddon, Tuggeranong & Queanbeyan.

## The Junction

A bulk-billed service that provides health care to young people aged 12-25.
Locations: Canberra City. Junction van at Wanniassa & Gungahlin occasionally.

## T25 Clinic

Free nurse-led health and wellbeing service for young people aged 12-25.
Locations: Different times at Woden, Lanyon & Queanbeyan.

## Directions

Free services for people impacted by alcohol, tobacco and other drug use, mental health and other complex health issues. The Chat to PAT van provides mobile health support.
Locations: Directions are located in Woden. The Chat to Pat van location varies.

# VAPE Support.

Vaping Awareness, Prevention, Education, and Support for schools, sports, and community service organisations.



W: actcancer.org/prevention/vapesupport
E: vapesupport@actcancer.org

Cancer Council ACT

# Websites

## Quit.org.au

Provides information for people currently vaping or smoking who may or may not want to quit, and information for people supporting someone to quit.

## iCanQuit.com.au

Interactive site that can provide motivation to quit, hints on how to quit, a goal tracker and a savings calculator.

## Uncloud.org

Evidence-based resources to help young people quit vaping, including strategies to quit vaping and how to manage withdrawal symptoms.

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# Apps

## My QuitBuddy

An app that can track quit progress, help overcome cravings, and provide motivational notifications.

## Headspace

Mindfulness and meditation app to help with stress and anxiety.

## Calm

Sleep, meditation, and relaxation app to improve sleep and lower stress and anxiety.

## Smiling Mind

Supports to help practice mental fitness to manage the ups and downs of everyday life.

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