

VAPING - QUIT SUPPORT

NICOTINE ADDICTION CAN HAPPEN QUICKLY

Nicotine is one of the most addictive substances in the world. You don't have to vape daily to become addicted, especially if you start when you're young.

Some of the signs you or a friend may be addicted to nicotine include needing to vape soon after you wake in the morning (within 30 minutes), finding it hard to concentrate if you haven't vaped recently, or turning to your vape when you're stressed.

It is possible to quit vaping (or smoking). People are more likely to quit successfully if they have help from a health professional.

Here are some practical tips young people have used to help them quit:

Pick a quit date

Make it a low-stress time when you're less likely to be exposed to other people vaping and can manage withdrawal symptoms and cravings.



Make a quit plan

with strategies about how to manage withdrawal symptoms, cravings and slip-ups.



Get rid of your vapes

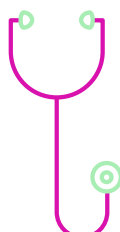
Remove anything else that may trigger the urge to vape (e.g. muting social media accounts that feature vaping).



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

Quit with a supportive friend

If you vape with friends, it might be helpful to try to quit together.



Know what help is available

Decide if you want more support (like from a health professional) and make contact if necessary.

Work out your 'vaping triggers'

Triggers might be places, times, feelings or people that are linked with vaping in your brain. Try to avoid them or put plans in place about how you can safely interact with your triggers without vaping.



See your GP, youth health service, or other health services for help quitting vaping.

Individualised support is also available through the Pave app, which has been uniquely designed to keep you on track with your quit attempt. Learn more and download the app at www.cancer.nsw.gov.au/pave

You can also call **Quitline** on 13 7848.

MANAGING CRAVINGS IS AN IMPORTANT PART OF QUITTING VAPING

If you are addicted to nicotine (also called nicotine dependence) and go without vaping (or smoking), the nicotine level in your bloodstream drops and can cause withdrawal symptoms and strong urges to vape, known as cravings.

Nicotine is the addictive ingredient in both vapes and cigarettes. It's what makes people keep vaping or smoking.

Nicotine withdrawal symptoms include:



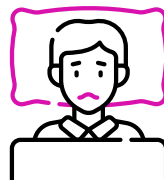
Being **down** or **irritable**.



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 except **vaping**.



TRY THESE STRATEGIES TO HELP YOU COPE WITH THE URGE (CRAVING) TO VAPE:



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



Carry a snack with you (e.g. an apple or a banana) and reach for this instead of vaping when you have a craving to vape. This can give you the dopamine hit your brain and body is craving without the harm of nicotine and keep your hands and mouth busy.



Get active - go for a walk or run.



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



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.



Distract yourself. Talk to a friend, play a video game, read a book or listen to music.

WHAT TO EXPECT WHEN YOU TRY TO QUIT VAPING

After you quit, the physical withdrawal symptoms usually get better during the first 1-2 weeks. But the psychological craving to vape can last longer as your brain adapts and re-learns how to function without nicotine.

Nicotine withdrawal symptoms can be challenging, especially in the first few days or weeks of quitting, but they don't last forever. Withdrawal symptoms, while uncomfortable, are a sign your body is recovering.

A health professional can support you to quit. They can provide advice on whether you should try **Nicotine Replacement Therapy (NRT)** to help you quit.



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

NICOTINE REPLACEMENT THERAPY (NRT) MAY BE AN OPTION FOR YOU

Nicotine replacement therapy (NRT) (patches, gums, lozenges, mouth spray) may help if you are finding it difficult to manage your cravings or to quit vaping. It can be particularly helpful in the first two weeks after quitting. It is safe to use in people aged 12 and over.

NRT is most effective when combined with support from a health professional who can provide tips for how to manage cravings and regularly review to see how you are going.

Speak to your GP or pharmacist for advice.

Get the facts about vaping at health.nsw.gov.au/vaping

If you think you or a friend might be addicted to vaping, there is help available. See your GP, youth health service, or other health services for help with quitting vaping.

The Pave quit vaping app can help keep you on track with your quit attempt.

Learn more and download the app at www.cancer.nsw.gov.au/pave.

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