

Quitting Vaping for Young People

Student cessation referral pathways and resources

Vaping cessation support pathways for students

QUITLINE VIC (13 78 48)

Confidential and non-judgemental help for young people wanting to quit vaping or smoking, including support for vape dependence, managing cravings, and quit planning. Counsellors for Aboriginal and Torres Strait Islander Communities are available.

Quitline is open Monday to Friday, 8am to 8pm

How to contact:

- Phone 13 78 48
- Text "call back" to 0482 090 634
- WhatsApp Messaging: 61 385 832 920
- Facebook Messaging: @quitvic

Additional information and resources can be found at the national nicotine cessation hub- quit.org.au

My QuitBuddy

Vaping cessation app featuring quit planning, daily check-ins, distractions to help you get through urges, and quick access to quit support.

Download on the [App Store](#) or [Google Play](#).

'Clear The Air' website

Information and tips to help young people quit vaping, including a quit savings calculator, and "Am I addicted?" quiz. Visit cleartheair.org.au

Student Services or School Counsellor

A trusted in-school contact, where available, can support students wanting to quit nicotine, helping them navigate cessation options and access further referrals as needed.

Local GP

GP's can assist with vaping dependence assessment, and provide interventions such as Nicotine Replacement Therapy (NRT) if appropriate.

Additional Resources for Schools, Teachers, Parents and Carers

Smoking and Vaping Ban - Policy for Schools

Victoria Department of Education

Policy information on the ban of smoking and vaping at schools, including enforcement, signage requirements, and guidance for responding to incidents. Access [here](#).

Vaping Information Hub

Quit Victoria

A resource hub for information on vaping, the impact on physical health, current Australian regulations, and support to quit. Access [here](#).

Further Education Resources For Schools

Quit Victoria

A suite of Victorian curriculum-aligned resources including lesson plans, videos, and fact sheets for Years 5–10. Designed to support student knowledge, critical thinking, and vaping harm reduction. Access [here](#).

Vaping Conversation Guide for Parents

VicHealth

A non-scripted guide with prompts and empathetic approaches to help parents have calm, effective conversations about vaping with teens. Access [here](#).