

# SIGNS of DEPENDENCE

Many believe they're not addicted to vaping, but cravings, difficulty stopping, and using it to cope may be signs of addiction.

- **Frequent cravings** for nicotine, even after short periods without vaping.
- **Inability to stop** or reduce vaping, despite wanting to quit.
- **Increased tolerance**, needing more frequent or higher doses to feel satisfied.
- **Vaping as stress relief** or using it to cope with emotions, boredom, or anxiety.
- **Vaping more often** in social situations or when alone.
- **Feeling irritable, anxious, or restless** when not able to vape.
- **Vaping affecting daily activities**, such as work, school, or social life.
- **Continued use** despite knowing the health risks.



# STOP NOW!

Quitting vaping brings immediate health benefits, and every day without it helps your body heal.

## 7 tips to quit vaping:

1. **Set a quit date** and stick to it.
2. **Gradually reduce nicotine** levels in e-liquids.
3. Replace vaping with **healthier habits** like chewing gum or exercising.
4. **Seek support** from friends, family, or a support group.
5. Use **nicotine replacement therapy** (NRT) or medications if needed.
6. **Avoid triggers** that make you want to vape, such as certain social settings.
7. Celebrate **milestones**.



# VAPING, AT WHAT COST?



**VAPE FREE,  
A HEALTHIER ME!**

**ADDF**  
Local Drug Action Team Program

Alcohol  
and Drug  
Foundation



**CITY OF  
MANDURAH**

**STREET  
NET**  
YOUTH SERVICE

**Palmerston**  
Improving your wellbeing

**headspace**  
Mandurah

Supported by South Metropolitan Health Service, Health Promotion

# VAPING LEGISLATION

## Changes to vaping laws in Western Australia

From October 2024, the laws on vaping in Western Australia have changed to protect our community from the harms of vaping and nicotine dependence.

Therapeutic vapes for smoking cessation and the management of nicotine dependence are only available for sale from participating pharmacies, with a prescription from a doctor.

It is illegal for all other retailers such as tobacconists, vape shops and convenience stores to sell any kind of vape, regardless of whether they contain nicotine.

This change addresses the serious health risks linked to vaping, including nicotine.



# VAPING AT WHAT COST TO YOUR HEALTH?

## ALL vapes are harmful to your health.

Vapes contain the same harmful chemicals found in **cleaning products, nail polish remover, weed killer** and **bug spray**.

Exposure to these harmful chemicals and the addictive substance nicotine can lead to **a range of health harms**, including:



**Respiratory issues**  
such as breathlessness,  
coughing and lung damage.



**Changes to brain  
development** leading  
to impaired attention,  
learning and memory.



Increased risk of **high blood  
pressure and heart disease**  
in the long term.

# HOW MUCH \$ DOES YOUR VAPE COST ?

If you spend  
**\$60 a week**  
on a vape,  
here's what it  
adds up to:



**= \$240**  
PER MONTH



**= \$3,120**  
PER YEAR

Imagine what you could do with that money – save, invest, or spend on something that benefits your health!

## READY TO QUIT? GET HELP TODAY!

Scan the QR code to access  
resources, support, and expert  
advice to help you **stop vaping**  
and **take control of your health**.



Alcohol  
and Drug  
Foundation



Australian Government



Supported by South Metropolitan Health Service, Health Promotion