

Protecting your Privacy

Our staff respect your privacy. We will keep your personal information secure and protected from unauthorized access or improper use. We will only disclose information about you if you consent to do so or mandated by law. All our services comply with privacy legislation.

Want more information?

For advice or to book an appointment please contact

**The Smoking Cessation
Community Health Nurses
Ballarat Community Health Centre**

Tel: 5338 4500

Adapted from Eastern Health

Smoke Free Clinic

**Do you need help to
“Butt” out?**



Stop smoking clinic Ballarat Community Health Centre

The “Smoke Free” Clinic is for anyone wanting to quit for the first time or has tried before and relapsed.

The clinic follows guidelines taught at the Lung Health Promotion Centre at the Alfred Hospital. Research widely supports these guidelines as one of the most successful ways to help people to quit smoking.

A Doctor’s referral is not necessary. If you have a complex medical history we may ask your consent to contact your Doctor for further information .

What is involved?

Your first assessment appointment will be made with a Community Health Nurse. This is usually around 1 hour and will be followed by shorter weekly appointments for around 8– 10 weeks after you quit.

Phone support is available as required.
Phone reviews at 3, 6 and 12 months.

At your assessment the nurse will discuss the options available to assist you to stop smoking. Together you will look at your addiction to nicotine and also the habit and emotions that can be involved with smoking.

We will look at your personal triggers and develop plans to manage them.

Clinic Days

Monday 1pm - 5pm

Wednesday 9am - 5pm

Where

260 Vickers Street
Sebastopol 3356

&

Cooinda

10 Learmonth Road
Wendouree 3355

Cost

\$15 (once only)

Medications

To receive some “stop smoking” medications from your GP you may be required to enroll in a smoking support program. Our service can fulfill this requirement.