

BCH Services Guide - Quit Smoking

Ballarat Community Health provides ongoing commitment to address the issue of tobacco smoking in the community by running the Smoke Free Clinic. Our Smoke Free Clinic provides advice and ongoing support for individuals as they work towards their goal of being 'smoke free'.

A significant number of our clients are now using a smoking cessation medication prescribed by their GP in conjunction with the support program we offer.

Our smoking cessation staff maintains professional accreditation and benchmarks with other like organisations through involvement in the Smoking Cessation Facilitators Network, The Lung Health Promotion Unit at the Alfred, The Brain Mind Research Institute at Sydney University and QUIT Victoria.

<http://www.quit.org.au/resource-centre/policy-advocacy/policy/e-cigarettes1>

http://wiki.cancer.org.au/policy/Position_statement_-_Electronic_cigarettes

Smoking Cessation Program

Providing individual assistance through the Smoke Free Clinic with advice and ongoing support for individuals as they work towards their goal of being 'smoke free'. We also work with other organisations to deliver community education and smoking cessation resources.

Program Information

What is it about?

Providing individual assistance through the Smoke Free Clinic with advice and ongoing support for individuals as they work towards their goal of being 'smoke free'. We also work with other organisations to deliver community education and smoking cessation resources.

Who is it for?

Anyone who wishes to stop smoking for the first time or has tried before.

How much time will it take?

Initial 90 minute appointment, followed by shorter weekly appointments around 8-10 weeks after quitting.

Appointments are arranged to suit individual clients. Phone support available as required. Phone reviews at 3, 6 and 12 months.

Who provides it?

Community Health Nurse

How do I get into the program?

Phone Ballarat Community Health on 5338 4500 to speak to the Intake Worker or fax 5339 3044