**Smoking**

Ballarat Community Health offers Tobacco Smoking education sessions to primary and secondary school students, staff and parents/guardians. These sessions cover topics such as harmful effects of smoking, impacts on physical health, social impacts and how to get help to quit.

In addition, Ballarat Community Health also offers a school based Smoke Free Clinic for schools that may have a number of students, staff or parents interested in attempting to quit smoking tobacco. These clinics provide an opportunity for students, staff or parents to attend a one-to-one consultation with a Community Health Nurse specifically trained in Smoking Cessation.

For further information or resources visit [www.quit.org.au](http://www.quit.org.au) or download the ‘My QuitBuddy’ app [www.quitnow.gov.au/internet/quitnow/publishing.nsf/Content/quit-buddy](http://www.quitnow.gov.au/internet/quitnow/publishing.nsf/Content/quit-buddy)

Please contact Bridget Campbell on (03) 5338 4500 or by email at [BridgetC@bchc.org.au](mailto:BridgetC@bchc.org.au) to register your interest in this or any other school opportunities.

**Ballarat Community Health staff require a minimum of four weeks notice when working in schools.**