

Where else can I go for support?

Call a Quitline advisor

Quitline advisors offer help with quitting for the cost of a local call. They will talk with you about any difficulties you may be having in quitting and will give you reliable information and support. Contact 13 QUIT (13 7848)

Go online with the QuitCoach

This is a computer program on the internet at www.QuitCoach.org.au. The QuitCoach helps you before and after you quit. It is best used several times to help guide you through different stages, from quitting to becoming comfortable as a non-smoker.

Self-help books, brochures & Internet sites

These resources are available on many different topics and provide valuable advice.

Contact 13 QUIT (13 7848)

Information adapted from Quit Victoria

To register for local
Quit services contact
Peninsula Health
Community Health

Phone

1300 665 781



The information contained in the brochure is intended to support, not replace, discussion with your doctor or health care professionals.

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PENINSULA HEALTH

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SERVICE INTEGRITY COMPASSION RESPECT EXCELLENCE



PENINSULA HEALTH

Quit Smoking Support Services



**Rosebud
Frankston
Mornington
Hastings**

IN PARTNERSHIP,
**Building a
Healthy Community**



Quit Smoking Support Services:

- are for people who would like to stop or manage their smoking
- are available in different styles to suit your individual needs
- are available at Peninsula Health Community Health in Frankston, Mornington, Rosebud & Hastings
- will support you to improve your health
- reduce fear and anxiety about quitting
- empower you to give up smoking

Quitting smoking will:

- give you major and immediate health benefits
- reduce your risk of heart attack, cancer and lung disease
- improve your fitness, breathing and skin
- free your body of nicotine within 12 hours
- set a great example for children
- save you money
- give your confidence a boost

What local Quit Support services are available?

Quit Fresh Start Program

8 sessions (1.5 hours each) Twice a week over 4 weeks

This group program is designed to help people recognise and understand:

- why they smoke
- how smoking affects their lives
- ways of quitting or managing their smoking
- ways of changing behaviour and coping in smoking situations
- ways to stay stopped

Quit Short Course

2 sessions (3 hours each) 2 weeks apart

This group program is based on the Fresh Start Course but is shorter and combines support from Quitline's telephone call-back service.

Individual Sessions

If you prefer to speak one-to-one with a health professional you can arrange individual sessions.

These sessions are adapted to suit to your specific needs.

Referrals received from:

- GPs
- Respiratory Physicians
- Respiratory Ward Registrar
- Respiratory Nurse / Clinicians
- Health Professionals
- Self-referrals

What is the Cost?

- \$6.40 per session
- \$10 booklet

Fees can be waived.

To help with cravings try the 4Ds

- **Delay...**
for at least five minutes, the urge will pass
- **Deep breathe...**
breathe slowly and deeply
- **Drink water...**
keep your hands busy
- **Do something else...**
take 'time out', sip slowly

