

## 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](http://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

Peninsula Health  
PO Box 52  
Frankston Victoria 3199 Australia  
Telephone 03 9784 7777  
[www.peninsulahealth.org.au](http://www.peninsulahealth.org.au)

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

