

"I found the help, support, encouragement and highly professional approach to be of great assistance to me."

– Julie, 47

**BARWON HEALTH**  
**'BE SMOKEFREE' CLINICS**

For an appointment or more information, call Information and Access on 1300 715 673.

You can also fax your referral to 4215 7795 or email [chrsinfoaccess@barwonhealth.org.au](mailto:chrsinfoaccess@barwonhealth.org.au)

**Corio / Bannockburn**  
2 Gellibrand St, Corio 3214

**Belmont**  
1-17 Reynolds Rd, Belmont 3214

**Newcomb**  
104-108 Bellarine Hwy, Newcomb 3219

**Torquay / Anglesea**  
100 Surfcoast Hwy, Torquay 3228

And remember the Quitline 131 848



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OUR VALUES  
RESPECT  
COMPASSION  
COMMITMENT  
ACCOUNTABILITY  
INNOVATION



**BE**  
**SMOKE**  
**FREE**

Contact us at the  
**'Be Smokefree' Clinic**  
**1300 715 673**

## THINKING ABOUT QUITTING?

There are lots of reasons to quit smoking.

If you've been thinking about quitting smoking, you've probably been thinking about the many possible benefits.

Being smokefree helps you to live healthier and feel better. It protects your family from second-hand smoke and discourages them from taking it up themselves.

But quitting can be tough, and it can take many attempts. That's why Barwon Health has set up a number of specialist 'Be Smokefree' Clinics to give smokers the help they need.

"I had been smoking for more than 30 years... without the one-on-one support from the Barwon Health smoking program I would not be where I am today... smokefree, healthy and enjoying life!"

– John, 45

## 'BE SMOKEFREE' CLINICS AT BARWON HEALTH

The 'Be Smokefree' Clinics at Barwon Health provide individual support over a number of weeks.

This approach can be very helpful because:

- It helps you to understand why you smoke and why you want to quit
- It helps you to develop strategies for quitting or cutting back
- It provides you with regular support to manage throughout the quitting process
- It provides non-judgemental encouragement – even if you slip up

Options for treatment may include Nicotine Replacement Therapy or prescribed medication, which will be arranged through your doctor.

Our specially trained staff can also liaise with your general practitioner and other health professionals to make sure we consider your overall health concerns. There is no cost for the clinic consultations.

## CONTACT US

Whether you're ready to quit now, or you just want to talk to someone about the program, please phone Information and Access on 1300 715 673. You can also return the completed form by fax to 4215 7795 or to any of the clinics listed in this brochure.

Your name \_\_\_\_\_

Your address \_\_\_\_\_  
\_\_\_\_\_

Daytime phone number \_\_\_\_\_

### Where are you up to with your smoking?

- Ready to quit now
- Thinking seriously about quitting
- Haven't really thought about quitting

### Do you have any long term health problems such as: (please tick)

- Diabetes
- Respiratory problems
- Mental health problems
- Heart problems or high blood pressure
- Other \_\_\_\_\_

Your date of birth \_\_\_\_\_

### Do you have a regular doctor (GP)?

- Yes     No

GP's name \_\_\_\_\_

See overleaf for postal details

