

When and where?

The Smoking Clinic is located at Colac Area Health and operates two days per week on a Monday afternoon and Thursday morning.

The times and location of the clinic can be flexible and discussed with your Tobacco Treatment Specialist.

Cost?

Please note: when you receive a service from Colac Area Health you may be charged a fee.

Our staff member will inform you if any fees apply.

How do I make an appointment?

To make an appointment contact Colac Area Health;
Phone: 03 5232 5180

To speak to a Tobacco Treatment Specialist;
Phone: 03 5232 5135
Email: smokingcc@cah.vic.gov.au

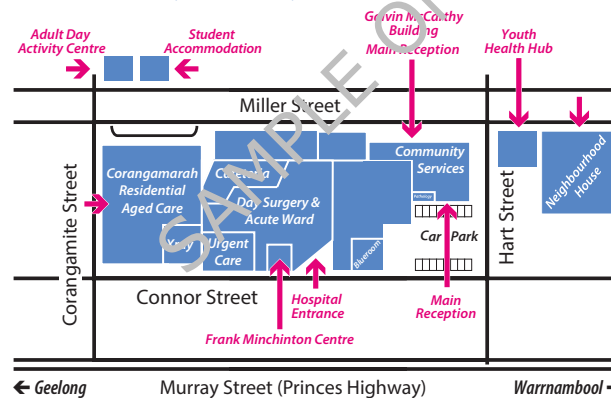
If you would like to discuss how we can support your workplace to become smoke free;
Phone: 03 5232 5347
Email: healthpromotion@cah.vic.gov.au

Colac Area Health is a Smoke Free Healthcare Service

To comply with legislation and to create a safe and healthy environment:

- Our buildings and grounds are smoke free
- Our entrances and external areas as marked are smoke free

Thank you for your cooperation



- Work with us
- Volunteer
- Make a donation

2-28 Connor Street, Colac, Victoria 3250
03 5232 5100 | info@cah.vic.gov.au

Smoking Clinic

The starting point of all achievement is desire.
- Napoleon Hill





Colac Area Health's Smoking Clinic has been operating for over a decade.

The Smoking Clinic offers a confidential, individualised service to find the best options for you to manage, reduce or cease your smoking.

Who benefits from giving up smoking?

Everyone! You, your family, your friends and your workplace. Passive smoking causes heart disease, cardiovascular disease and lung cancer.

Did you know?

- Smoking is a medical condition
- Smoking is a chronic disease that can be treated and managed
- Within a day of reducing your tobacco intake your blood pressure and heart rate will reduce
- Within a month exercising will become easier
- Within a year you will have saved up to \$10,000.

What is the Smoking Clinic?

The Smoking clinic is a service at Colac Area Health that is designed to support smokers to manage, reduce or cease smoking.

The Clinic is run by our own trained Tobacco Treatment Specialist who uses the most up to date nicotine management and support treatment options.

What is Nicotine Addiction?

- Nicotine receptors in your brain keep you addicted
- Nicotine Replacement Therapy and other prescribed medications help to put these receptors to sleep
- The longer the receptors in the brain go without a 'hit' of nicotine from smoking, the more likely they are to go to sleep
- A few puffs of a cigarette will awaken the receptors, resulting in the recommencement of the nicotine addiction cycle.

Who can access the Smoking Clinic?

The Smoking Clinic provides services to the whole community including:

- Support to individuals and external organisations that require nicotine management and cessation support
- Support to nicotine addicted patients, clients, residents and staff at Colac Area Health to manage or cease smoking
- Support to schools and workplaces including a mobile Smoking Clinic.

What are the treatments?

- Treatments are individualised based on your needs with the most current evidence based practices used
- All treatment options are designed to keep you comfortable at all times.