

Tobacco Free Clinic

Specialist counselling to support you reduce or quit smoking



The **Tobacco Free Clinic** is open to anyone seeking to reduce or quit smoking

Consultations are provided by an experienced and registered health professional with training and expertise in smoking cessation

We offer current evidence-based practice to support your journey to becoming smoke free and welcome people with co-occurring mental health and alcohol or other drug concerns

What can I expect during appointments?

- ✚ Tailored individual consultations
- ✚ Assessment of Carbon Monoxide using the Smokerlyzer®
- ✚ Recommendations about use of nicotine replacement therapies and other quit options, including medications and behaviour change therapy
- ✚ Strategies to treat habits and emotional issues connected to smoking
- ✚ Support to reduce the likelihood of relapse
- ✚ With permission, your counsellor can work together with your treating health team

Standard consultation fees are income dependent

- ✚ One-off \$20 fee payable at initial appointment (may be waived if financial hardship)
- ✚ There is no cost for Aboriginal or Torres Strait Islander Community
- ✚ GP referral is *not* required

Appointments Ferntree Gully & Wantirna South: Knox Intake 9757 6200

Appointments Ringwood East: Maroondah Intake 9837 3900

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