



restoring**health**
heart lung diabetes

HARP Smoking Cessation Service

Information for clients and carers



Quit smoking and stay quit!

Call 📞 9288 2211, pager 1433 for an appointment

What is the Smoking Cessation Service?

The Smoking Cessation Service helps clients who are ready to quit smoking.

Trained health professionals work with you to find the best way to help you quit and stay quit.

How does this program work?

At your first appointment, we ask you questions about your smoking. We use this information to make a plan to help you quit. We may talk to your doctor if needed.

After the first appointment, we speak with you regularly to:

- check your progress
- answer questions
- help with any problems.



We can:

- see you at St Vincent's
- see you in your home
- speak with you on the telephone.

Remember most people need a few attempts to quit completely.

Who can use this service?

All St Vincent's HARP clients can use the smoking cessation service.

If you are involved in the following programs, contact your worker for a referral:

- Restoring Health
- The Cottage
- Outreach Medication Review (OMR)
- TRAAC
- ALERT

You can also contact us directly.

What will it cost?

This program is free of charge. You may need to purchase medications or products to help you to quit.

Contact us

HARP Smoking Cessation Service

Tel: (03) 9288 2211

Ask for pager 1433

Staff

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Nov 2011

Mission

*Our health service is based on and driven by our quest for:
Compassion – Justice – Human Dignity – Excellence – Unity*