



Live Free Breathe Free Clinic

Donna Froy

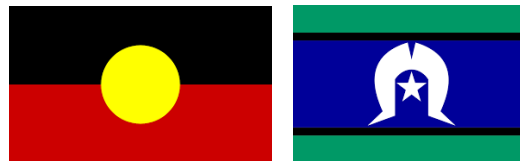
Community Health Nurse

Helen Borg

Chronic Disease Health Coach

ACKNOWLEDGEMENT

Western Health acknowledges the Wurundjeri Woi-Wurrung, Boon Wurrung and Bunurong peoples of the Kulin Nation, the traditional custodians of the lands on which all Western Health sites stand. We pay our respects to Elders past, present and future





Today's session

- Smoking cessation service and what it involves
- What we have been doing in the vaping space with schools
- Other supports available
- Referrals and Appointments



What does the Live Free Breathe Free program involve ?

- Service delivered by specialised trained nurses
- We offer personalised one on one **support** and **encouragement**
- Provide **information** that is evidence based to improve your health
- Help you **understand** your smoking /vaping habit and triggers
- Help you **manage triggers and make changes that are important to you**
- Help you **set goals** that are meaningful to you
- Find and practice **strategies** that work for you to develop new habits
- Assist you to use resources within the health system and community

Vaping

What we are doing in schools ?



Other supports available

- Quit line 12 78 48
- Visit your GP
- Melton health and community Cessation Clinic





Referrals

Statistics show that most smokers would like to quit.

Western Health LIVE FREE, BREATHE FREE clinic can help.

Specialised trained Nurses will provide advice, **information and ongoing support throughout the quitting process.**

To make an appointment contact:

Referral and appointment service

Telephone: 9747 7609

Or fax: 9746 0668

Interpreters available on request.