

Find your local vaping and smoking support



Your GP



QUIT



Webchat
quit.org.au



WhatsApp
61385832920



Lifeline

Call 13 11 14
www.lifeline.org.au
Chat via SMS



Call
13 11 14



**Facebook
Messenger**
@quitvic



Text
'call back' to
0482090634



Request a call back
quit.org.au

Local vaping and smoking support services



Bellarine Community Health
headspace Ocean Grove
(03) 5253 0400
youth@bch.org.au

Support to understand, reduce or quit smoking and vaping for 12-25 year olds.



Barwon Health
Be Smoke Free Clinics
Free face-to-face help at four locations:
Belmont (03) 4215 6800
Corio (03) 4215 7100
Newcomb (03) 4215 7520
Torquay (03) 4215 7800
Contact Barwon Health on
1300 715 673
chrsinfoaccess@barwonhealth.org.au



Colac Area Health
Smoking & Vaping Clinic
(03) 5232 5100 or
smokingcc@cah.vic.gov.au
No doctor referral needed, all ages, days flexible, free service.



South West Healthcare
Warrnambool Community Health (03) 5563 4000
intake@swh.net.au
One on one counselling and support for anyone over the age of 16.



Apollo Bay and Lorne
Apollo Bay (03) 5237 8595
Lorne (03) 5289 4333
Contact your GP for local mental health services, and alcohol & other drug supports.

Local mental health support services



headspace
Geelong (03) 5222 6690
Ocean Grove (03) 5253 0400
Colac (03) 5232 5520
Warrnambool 1300 276 749
Portland (03) 5561 8850
Hamilton (03) 5500 7130



South West Healthcare Mental Health and Wellbeing Service
Warrnambool, Camperdown, Portland and Hamilton
1800 808 284
Contact 24/7, open 7 days a week.



Barwon Health Mental Health Drugs & Alcohol Service
1300 094 187
24/7 help, Information or referral via triage.