

# Find smoking & vaping support for you



**Your local GP**

**Your school nurse**

**QUIT Victoria**

**Lifeline**

Call 13 11 14 or [www.lifeline.org.au](http://www.lifeline.org.au)  
Chat via SMS on 0477 13 11 14

**Bellarine Community Health  
headspace Ocean Grove**

52530400 / [youth@bch.org.au](mailto:youth@bch.org.au)

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

Address: Presidents Ave, Ocean Grove

**Colac Area Health  
Nicotine Management Service**

Trained people to help support your  
needs around cigarette or vape use.

FREE, flexible times/days  
No doctor referral needed.

5232 5100  
[smokingcc@cah.vic.gov.au](mailto:smokingcc@cah.vic.gov.au)

**Barwon Health  
Be Smoke Free Clinics**

Free face-to-face help for you and  
your needs, there are four locations:

**Belmont** (03) 4215 6800  
**Corio** (03) 4215 7100  
**Newcomb** (03) 4215 7520  
**Torquay** (03) 4215 7800

Or contact Barwon Health's  
Information and Access service on  
1300 715 673  
[chrsinfoaccess@barwonhealth.org.au](mailto:chrsinfoaccess@barwonhealth.org.au)

**Apollo Bay and Lorne**

Contact your GP for local mental health  
services, and alcohol & other drug  
supports.

**Apollo Bay** (03) 5237 8595  
**Lorne** (03) 5289 4333

**Mental Health Support Services:**

**Barwon Health Mental Health Drugs &  
Alcohol Service**

1300 094 187 for 24/7 help, Information &  
referral via triage.

**headspace Geelong** (03) 5222 6690

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