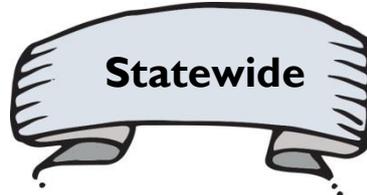




## Local Support



## Statewide

### Alcohol and Drug Service

- ☒ St Johns Ave, New Town
- ☒ Grove Street, Ulverstone
- ☒ Mulgrave Street, South Launceston

☎ 1300 139 641

The Alcohol and Drug Service in Tasmania provides treatment and support services to individuals and families affected by alcohol, tobacco and other drug use. It provides a variety of programs, interventions and treatment.

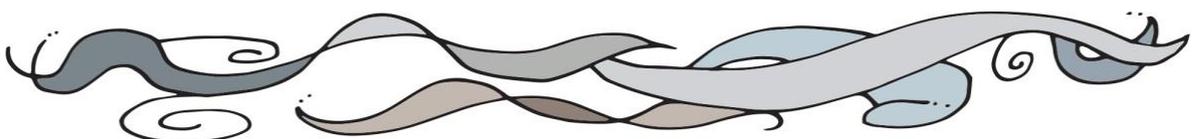
If you want counselling and support you need to ask to speak to the **Community Team**.

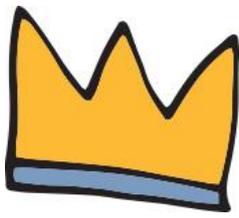
You can then talk to an intake worker who will ask a few questions such as name, date-of-birth, address and why you would like to speak to a counsellor (i.e. to have support around smoking cessation).

What you tell the intake worker is up to you, and you don't have to answer any questions that you don't want to.

You will be allocated a dedicated youth worker who will arrange a time to meet up with you one-on-one. You have the option of a few short information sessions or long term counselling if needed/wanted. This can be decided when you meet with the youth worker face-to-face.

Appointments would usually be weekly and can last up to an hour.





## **Doctors, Pharmacists & other local Health Professionals**

Doctors, pharmacists and other health professionals are good sources of information about quitting, especially for advice on nicotine replacement therapies or quit smoking medications. It is best to speak to a doctor or pharmacist to work out which is the best option for you.

For non-nicotine quitting medications like Champix or Zyban you will need to see a doctor to get a script.

For nicotine replacement products like gum, patches, inhalers, lozenges and oral sprays, you can speak to a doctor or pharmacist.

## **School Support Workers, Social Workers or Psychologists**

Your local school may offer a quit program or they can refer you to local services that can support you. They can also offer one-on-one counselling and support to assist you through your quit process, such as by assisting you to make an appointment with a doctor or finding a doctor that can bulk bill.

Referral processes will be different at each school, so ask to speak with your school support staff and find out the best way to make an appointment.

## **Tasmanian Aboriginal Health Service**

The Aboriginal Health Service provides direct care to individuals, family and community groups, as well as promoting all aspects of social, emotional, cultural and physical wellbeing. Services offered include youth programs, substance misuse programs and health promotion campaigns such as quit smoking. The Quit program provides community members with support, advice, nicotine replacement therapies, home visits and information to support the young person on their journey to becoming smoke free or increasing their smoke free time.

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