



Individual Counselling To Help you Quit Smoking

Who should have individual Quit Smoking counselling?

People who want to quit smoking and are unable, or do not wish to do it in a group setting.

How does the session work?

The sessions are tailored to meet your needs.

A trained counsellor will help you to develop strategies to quit smoking, maintain motivation, and manage withdrawals. You will also learn about:

- why you smoke
- what part smoking plays in your life
- how to change behaviour
- staying quit

Who runs the session?

A counsellor, who is trained in smoking cessation, and has access to the latest information to help you quit.

How long is the session?

Individual counselling sessions are generally 50 minutes in length.

Where is the session conducted?

The individual counselling sessions are conducted at The Cancer Council ACT (TCCACT) offices located at 5 Richmond Avenue, Fairbairn ACT.

How much is a session?

Please call for individual course rates.
Concession rates do apply.

We encourage all people to consult their doctor as a part of their plan to quit.

**To make a booking or for more information ring
02 6257 9999 or email quit@actcancer.org**