



Cancer  
Council  
ACT

## Individual Counselling to help you quit smoking

### Who should have individual Quit smoking counselling?

People who are interested in cutting down or quitting smoking who:

- require intensive smoking cessation support;
- do not wish to, or are unable to access a group course.

### How does the session work?

Each session is tailored to meet individual needs and requirements.

Individual counselling sessions are designed to identify barriers to quitting smoking and increase your understanding of:

- your smoking addiction and the role it plays in your life;
- individual smoking habits and reinforcers;
- options of different quitting methods and products;
- the process of smoking and quitting so that you are able to choose a personal quitting strategy that suits your individual needs and circumstances.

### Individual sessions also provide an opportunity to:

- discuss personal concerns and fears about quitting;
- develop an individual quit plan;
- anticipate and plan for potential triggers when quitting;
- discuss any other issues or concerns that may impact on your ability to quit and stay quit.

### Who conducts the course?

A counsellor, trained in smoking cessation who is regularly updated on the latest information about helping people quit smoking and who has worked extensively with individuals to assist them to quit smoking.

### Where is the session conducted?

The individual counseling sessions are conducted at the Cancer Council ACT office at 5 Richmond Ave Fairbairn, or at another mutually agreed location.

**To make a booking, or for more information contact**

**Cancer Council ACT on (02) 6257 9999**

**or email: [tobaccocontrol@actcancer.org](mailto:tobaccocontrol@actcancer.org)**