

Gippsland Lakes Complete Health

Support services directory



Smoking Cessation Support Services

Quit Victoria – smoking cessation support

Website: <https://www.quit.org.au/>

Phone: 13 7848

E-referral for healthcare worker to use:
<https://www.quit.org.au/referral-form/>

Gippsland Lakes Complete Health – smoking cessation support

Website: <https://glch.org.au/>

Phone: 03 5155 8300

Lakes Entrance Aboriginal Health Association (LEAHA) – smoking cessation support

Website: <http://www.djillayngalu.org.au/index.php?id=26>

Phone: 03 5155 8465

Nutrition Support Services

Gippsland Lakes Complete Health – Dietitian

Website: <https://glch.org.au/>

Phone: 03 5155 8300

Specific webpage: <https://glch.org.au/allied-health-services/dietetics/>

Alcohol Support Services

The Australian Community Support Organisation – Regional Victorian AOD Intake Line- alcohol and drug intake service for regional Victoria (excluding Barwon)

Website: <https://www.acso.org.au/>

Phone: 1300 022 760

E-referral for healthcare worker to use:
<https://www.acso.org.au/aod-mh-support>

Lakes Entrance Aboriginal Health Association (LEAHA) – alcohol and drug support

Website: <http://www.djillayngalu.org.au/index.php?id=26>

Phone: 03 5155 8465

Headspace Bairnsdale – alcohol support for people aged 12-25 years old

Website: <https://headspace.org.au/>

Phone: 03 5141 6200

Physical Activity Support Services

Gippsland Lakes Complete Health – exercise advice and groups, social support groups and walking groups

Website: <https://glch.org.au/>

Phone: 03 5155 8300

Specific webpage: <https://glch.org.au/allied-health-services/gym-and-exercise-programs/>
<http://glch.org.au/social-support-and-counselling/social-groups/>

Lakes Entrance Aboriginal Health Association (LEAHA) – physical activity and wellbeing program for Aboriginal People

Website: <http://www.djillayngalu.org.au/index.php?id=26>

Phone: 03 5155 8465

Lakes Entrance Aquadome – exercise advice and programs

Website: https://www.eastgippsland.vic.gov.au/Arts_and_Leisure/Recreation_Centres/Lakes_Entrance_Aquadome

Phone: 03 5155 3333

U3A – physical activity groups and classes

Website: <https://www.lakesu3a.com.au/courses.html>

Phone: 03 5156 5452



Healthy CHAT is a structured approach to giving simple health messages and offering guidance to assist with change by raising awareness of lifestyle risk factors and referring people for further support.

East Gippsland Tai Chi – physical activity groups and classes

Website: https://www.taichiaustralia.com/schools_vic.html

Phone: (03) 51521870

Fitness 4 U – physical activity groups and classes

Website: <https://fitness4ulakesentrance.epage.at/>

Phone: 03 5155 2776

The Hub – yoga classes

Website: <https://www.purposeinthehub.com.au/directory/yoga/>

Phone: 03 51554689