

Latrobe

Community Health Service support service 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/>

Latrobe Community Health Services- smoking cessation support

Website: <https://www.lchs.com.au/>

Phone: 1800 242 696

Specific webpage: <https://www.lchs.com.au/diabetes-chronic-disease-management/respiratory-and-breathing-help>

Nutrition Support Services

Latrobe Community Health Service - Dietitian

Website: <https://www.lchs.com.au/>

Phone: 1800 242 696

Specific webpage: <https://www.lchs.com.au/general-health/nutrition-advice>

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>

Latrobe Community Health Services- drug and alcohol support programs

Website: <https://www.lchs.com.au/>

Phone: 1800 242 696

Specific webpage: <https://www.lchs.com.au/gambling-alcohol-drugs/alcohol-and-drugs>

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

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

Phone: 03 9027 0100

Specific webpage: <https://headspace.org.au/young-people/alcohol-and-other-drugs/>

Physical Activity Support Services

Latrobe Community Health Services – exercise plans, exercise groups and walking groups

Website: <https://www.lchs.com.au/>

Phone: 1800 242 696

Specific webpage: <https://www.lchs.com.au/general-health/physiotherapy>

<https://www.lchs.com.au/community/exercise>

Heart Foundation Walking- local walking groups

Website: <https://walking.heartfoundation.org.au/>

Phone: 13 11 12



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.