

Thinking of Quitting? These supports can help!

Smokers' Helpline

- Free information and support by phone, online, and text messaging.
- Tips and tools to help you quit using tobacco.
- Professional, non-judgmental Quit Specialists.
- Smokers' Helpline can call you. Just ask!
1-877-513-5333 www.smokershelpline.ca

Family Health Teams/Community Health Centre

- Provide one-to-one or group support for tobacco cessation.
- May have **free** nicotine replace therapy, like the patch, gum, lozenge, or inhaler, available to help you quit
- If you currently see a Doctor or Nurse Practitioner with a Family Health Team or Community Health Centre, **call the office to inquire about smoking cessation services**

Leave the Pack Behind

- Cessation support for young adults, 18 to 29 years of age
- Nicotine patches or nicotine gum by mail to eligible young adults while supplies last
- Order online @ LeaveThePackBehind.org

MATCH (Medication Aids for Tobacco Cessation and Health) Study

- For more information go to www.matchstudy.ca .
- This study will provide 12 weeks of prescription medication by mail at no cost to help participants quit smoking.

New Directions

- Provide support to help you quit smoking and using tobacco
519-371-1232

Choices Drug and Alcohol Counselling

- Provide support to help youth quit smoking and using tobacco
519-371-5487

Health Care Professionals

- Doctors, Nurse Practitioners, Nurses, Pharmacists, Dentists and Dental Hygienists can also provide advice and support to quit smoking.

Ontario Drug Benefit Card

- If you receive benefits from Ontario Works (OW), the Ontario Disability Support Program (ODSP), the Trillium Drug Program (TDP), or are a senior, you may be eligible for low cost prescription medications to assist with quitting

Alternative Therapies¹

- Hypnosis by a medical doctor, Dr. Bajurny in Walkerton 519-881-0564
- Laser Clinics, Acupuncture, Reiki Treatments

¹ These alternative therapies are provided for your information only. These therapies are not necessarily endorsed by Public Health.

Thinking of Quitting? Here are resources to help!

Websites

www.stopstudy.ca (to find out more about the Smoking Treatment for Ontario Patients Study and locations of upcoming STOP on the Road sessions)

www.stopsmokingcenter.net

www.gosmokefree.ca

<http://www.info-tabac.ca> (FRENCH)

Self Help Resources

On the Road to Quitting: Guide to becoming a non-smoker

By Health Canada

One Step at a Time: For smokers who don't want to quit

One Step at a Time: For smokers who want to quit

One Step at a Time: If you want to help a smoker quit

By Canadian Cancer Society

Resources for Moms

www.pregnets.org

Make your car and home smoke free

Health Canada

<http://www.hc-sc.gc.ca/hc-ps/pubs/tobac-tabac/second-guide/index-eng.php>

Smoking and Pregnancy

Public Health Agency of Canada

http://www.phac-aspc.gc.ca/hp-gs/guide/05_sp-tg-eng.php

http://healthycanadians.gc.ca/health-sante/tobacco-tabac/quit_now-cesser_maintenant-eng.php

Resources for Dads

The Right Time...The Right Reasons...Dads Talk About Reducing and Quitting Smoking

By University of British Columbia

www.facet.ubc.ca

Resources for Youth and Young Adults

On the road to Quitting: Guide to becoming a non-smoker for young adults

available on the internet at <http://www.hc-publication-sc.hc-sc.gc.ca>

www.leavethepackbehind.org

www.quit4life.com

www.mylastdip.com

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