

## Getting Help to Quit Smoking

When you are ready to quit smoking, you don't have to do it alone. This handout offers information on the programs and supports available to help you quit smoking. Making a quit plan and getting help increases your chances of quitting and staying smoke free.

### Programs and supports available to help you quit smoking

1. Health811

Call 811 and ask to talk to a quit coach. You can call 7 days a week/24 hours a day.

2. Your family doctor or nurse practitioner

Ask your family doctor or nurse practitioner if they offer counselling or nicotine replacement therapy to help you quit smoking.

3. Your pharmacist

Many Ontario pharmacists are trained in counselling to help you quit smoking.

4. Public Health

Public Health Unit websites offer information to help you quit smoking. Search for 'quit smoking'. Call the Public Health Unit closest to you to talk to a public health nurse.

- Region of Durham Public Health, call 1-800-841-2729. Website: [durham.ca](http://durham.ca)
- Haliburton Kawartha Lakes, Pine Ridge Health District Health Unit, call 1-866-888-4577. Website: [hkpr.on.ca](http://hkpr.on.ca)
- Peterborough Public Health, call 1-877-743-0101. Website: [peterboroughpublichealth.ca](http://peterboroughpublichealth.ca)
- Toronto Public Health, call 416-338-7600. Website: [toronto.ca](http://toronto.ca)

5. Smoking Treatment for Ontario Patients (STOP) Program

Offers an online program to help you quit smoking. This program offers free nicotine replacement for 8 weeks. For more information or to register, go to the website found at [nicotinedependenceclinic.com](http://nicotinedependenceclinic.com) and click on 'enroll to quit smoking'.

6. Smoker's Helpline

Offers telephone and online support. Call 1-866-797-0007 to talk to a quit coach. You may qualify for a free trial of Nicotine Replacement Therapy. For more information or to register, go to the website found at [smokershelpline.ca](http://smokershelpline.ca)

7. Talk Tobacco

Offers free support and information about quitting smoking, vaping and commercial tobacco use to First Nations, Inuit, Métis and Urban Indigenous communities. Call 1-833-998-8255 to talk to a quit coach. An online chat and text support is also

available. For more information, go to the website found at [smokershelpline.ca/talktobacco](http://smokershelpline.ca/talktobacco).

### **More information to help you quit smoking**

1. Cancer Care Ontario

Watch videos and complete online learning to help you quit smoking. Go to the website found at [cancercareontario.ca/en/Quitting-Smoking](http://cancercareontario.ca/en/Quitting-Smoking)

2. For information about vaping and your health, read the patient information handout found at [cancercareontario.ca/en/guidelinesadvice/types-of-cancer/62591](http://cancercareontario.ca/en/guidelinesadvice/types-of-cancer/62591).

3. Canadian Cancer Society

Read the One Step at a Time: You Can Quit booklet found on their website at [cancer.ca](http://cancer.ca) under 'publications'.

4. Lung Health Foundation

Download the Journey to Quit: A Workbook to Help You Quit Smoking from their website found at [lunghealth.ca](http://lunghealth.ca) under 'protect your lungs and smoking'.

5. Call 1-888-344-5864 to talk to Certified Respiratory Educator for smoking cessation counselling.

6. The Canadian Lung Association

Read information on steps to quit smoking on their website found at [lung.ca](http://lung.ca). Look under 'lung health and smoking and tobacco'.

### **Medications to help you quit smoking**

Ask your pharmacist, family doctor or nurse practitioner about Nicotine Replacement Therapy as a choice for you. Some medications to help you quit smoking are available without a prescription. This means you can buy them over the counter. Other medications are available with a prescription. Your private health insurance or some government programs may help you with these costs. You need to qualify for the government programs.

The government programs include:

- Ontario Drug Benefit (ODB) Program
- Ontario Disability Support Program (ODSP)
- Non-Insured Health Benefits (NIHB) Program for First Nations and Inuit People

Talk to a member of your healthcare team if you have questions or do not understand any information in this handout.

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