



Getting Help to Quit Smoking

When you are ready to quit smoking, you don't have to do it alone. There are people and programs available in your community 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. Your healthcare provider

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

2. Your pharmacist

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

3. Telehealth Ontario

Call 1-866-797-0000. A Care Coach will help you create a quit plan that works for you.

4. Public Health

Websites for Public Health Units offer information to help you quit smoking. Search for 'quit smoking'. You can also call your local public health unit to talk to a public health nurse.

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

5. STOP on the Net Program

With the support of the Ministry of Health, the Smoking Treatment for Ontario Patients (STOP) Program offers the STOP on the Net Program. This Program is an online research program designed to support individuals 18 years of age and older in an attempt to quit smoking. Website: www.nicotinedependenceclinic.com

For more information to help you quit smoking

- Smokers' Helpline, call 1-866-641-7675. Website found at www.smokershelpline.ca. You may qualify for a free trial of Nicotine Replacement Therapy (NRT).
- You can Quit: One Step at a Time booklet found on the Canadian Cancer Society website at www.cancer.ca under 'publications'.
- Journey to Quit: A Workbook to Help You Quit Smoking is found on the Ontario Lung Association/The Lung Health Foundation website at www.lunghealth.ca under 'protect your lungs and smoking tobacco'.
- The Canadian Lung Association website found at www.lung.ca.
- Talk Tobacco – Indigenous Quit Smoking and Vaping Support. This service offers culturally appropriate individualized support and information about quitting smoking, vaping and commercial tobacco use. Interpreter services are available in French and 16 Indigenous languages. A quit coach is available 7 days a week. Call 1-833-998-8255.

Medications to help you quit smoking

Some medication such as Nicotine Replacement Therapy (NRT) are available without a prescription. This means you can buy them over the counter. Talk to your pharmacist or family doctor/nurse practitioner about NRT as a choice for you. 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

For information about vaping and your health, see the patient information sheet available on Cancer Care Ontario's website at www.cancercareontario.ca/en/guidelines-advice/types-of-cancer/62591

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

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