

MOST SMOKERS WANT TO QUIT.

Talk to your healthcare professional if you need help.

Reduce or Cut Down
to Quit Smoking

Quit smoking
“Cold Turkey”

Nicotine Replacement
Therapy (NRT)

Prescription
Medication

Quitting smoking is a process - not an event. It takes time and often many attempts. The quitting experience is different for everyone. If one way doesn't work, it's ok to try another or use a combination of methods. You need to find the way that works best for you.

Quitting is the most important
thing you can do for yourself!



QUIT TIPS:

1. List your reasons for quitting and review them often.
2. Think about your past quit attempts. What worked and what did not?
3. Keep a record of when, where and why you smoke.
4. Identify your triggers and stressors and learn ways to cope with them.
5. Build support. Tell a supportive family member or friend that you are quitting and ask for their help.
6. Set a quit date within a month.
7. Consider stop-smoking aids like NRT (gum, lozenge, patch, inhaler, or mist) or medications like Zyban or Champix.
8. Discuss with your healthcare provider.
9. Plan your activities for your first smoke-free week. Eat fruits, vegetables and low fat dairy products.
10. Deal with cravings: Keep busy, drink water, take slow deep breaths, be physically active and get plenty of rest.

Reward yourself. Be positive! If you slip, learn from it and keep trying.

A large orange thought bubble with a black outline, hanging from a string. It contains the text 'Thinking About Quitting?'. Other smaller, colorful thought bubbles are visible in the background.

Thinking
About
Quitting?

A Self-Help
RESOURCE GUIDE

ML BUREAU DE SANTÉ DE
MIDDLESEX-LONDON
HEALTH UNIT
www.healthunit.com

Self Help Resources and Free NRT

DON'T QUIT QUITTING www.dontquitquitting.ca

An initiative of Ontario Public Health Units. Provides resources for individuals aiming to quit smoking or vaping. Persistence and learning from setbacks are key to success – don't give up on quitting!

HEALTH811

Telephone Quit Coaches help individuals who are thinking about quitting, ready to quit, actively quitting, needing help staying smoke-free, not ready to quit or who want to help someone else quit. Service is available in English and French and over 100 languages through an interpreter. Call 811 (TTY 1-866-797-0007).
<https://health811.ontario.ca/>

HEALTH CANADA <https://www.canada.ca/en/health-canada/services/smoking-tobacco.html>

Provides tools for a Smoke-Free Life, including a quit plan tool, a quit calculator, expert advice, and self-help booklets."

LUNG HEALTH FOUNDATION www.lunghealth.ca

Facts about smoking and vaping from a trusted source, including a downloadable workbook *Journey to Quit*. The Lung Health Line provides private help from a certified Respiratory Educator by calling 1-888-344-LUNG(5864).

CANADIAN CANCER SOCIETY (CCS) www.cancer.ca

Offers many resources to individuals living with cancer. Resources to help you quit smoking are available for all smokers.



STOP ON THE NET www.stoponthenet.ca

Available to Ontario adults interested in quitting tobacco cigarette smoking. Participants can receive a free ten-week NRT kit containing nicotine patches and gum/lozenges mailed directly to their address!

OTTAWA MODEL FOR SMOKING CESSATION (OMSC)

Available to Ontarians who want to quit smoking but don't have a healthcare provider or cannot easily access smoking cessation support. Participants will receive a consultation, follow-up support, and nicotine replacement therapy vouchers. Call 1-888-645-5405.

SMOKERS HELPLINE

Text message support for those looking to quit smoking and vaping. Connect online at www.SmokersHelpline.ca and by texting the word iQuit to the number 123456.

TALK TOBACCO

Provides quit smoking and vaping support for Indigenous communities. The program is culturally inclusive and aware, serving First Nation, Inuit, Métis and Urban Indigenous populations. It is free, confidential, and available in 16 Indigenous languages. Call 1-833-998-8255 or visit www.smokershelpline.ca/talktobacco/home

Youth and Young Adults

QUASH APP www.quashapp.com

A free app that was developed to help you quit smoking or vaping. You can set goals, earn rewards and customize the program for every stage of your own quit journey.

NOT AN EXPERIMENT www.notanexperiment.ca

An online source of information, tools and resources about the harms of vaping. Downloads and resources (including an escape room game!) are available on the website for free.

Pregnant/Breastfeeding

PREVENTION OF GESTATIONAL AND NEONATAL EXPOSURE TO TOBACCO SMOKE (PREGNETS)

Provides information, resources and support to pregnant and postpartum women and their healthcare providers to improve the health of moms and their babies.

<https://intrepidlab.ca/en/pregnets>

