

MOST SMOKERS WANT TO QUIT.

Quitting smoking is a process - not an event. It takes time and often many attempts. Quitting 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.

If you need help, talk to your health care professional.

**Reduce or Cut Down
to Quit Smoking**

**Nicotine Replacement
Therapy (NRT)**

**Quit smoking
"Cold Turkey"**

**Prescription
Medication**

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

QUIT TIPS:

- 1 List your **reasons to quit** and review them often.
- 2 Think about your **past quit attempts**. What worked and what did not?
- 3 **Keep a record** of when, where & 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®. Discuss with your health care provider.
- 8 **Plan your activities for your first smoke-free week**. Eat fruits, vegetables and low fat dairy products.
- 9 **Deal with cravings**: keep busy, drink water, take slow deep breaths, be physically active and get plenty of rest.
- 10 **Reward yourself**. Be positive! If you slip, learn from it and keep trying.

**Thinking
About
Quitting?**

A Self-Help RESOURCE GUIDE

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

SELF HELP RESOURCES

CANADIAN CANCER SOCIETY (CCS) www.cancer.ca

Offers many resources for individuals living with cancer. Resources to quit smoking are available for all smokers. The **One Step at a Time** booklet series helps smokers work through the quitting process. The **Live Free of Second-hand Smoke: Tips for Home, Car, Work and Outdoors** brochure provides facts about second and third hand smoke and tips to reduce your risk. Talk to a quit specialist at Smokers Helpline.

smokers' helpline

CONNECT TO QUIT
smokershelpline.ca
1 877 513-5333

HEALTH CANADA www.hc-sc.gc.ca

Provides facts about tobacco, second-hand smoke, and quitting smoking. The **On the Road to Quitting** guides will give you the information and skills you need to successfully stop smoking.

HEART AND STROKE FOUNDATION www.heartandstroke.com

Provides information to prevent disease, save lives and promote recovery. Find tips on living and staying tobacco free. The **Coping With Stress** booklet helps you understand your stress and find better ways to cope.

ONTARIO LUNG ASSOCIATION www.on.lung.ca

Provides education and support for individuals living with lung diseases. **Journey2Quit** is a workbook available for download to assist all smokers in the quitting process. Talk to a professional 1-888-344-LUNG (5864).

MIDDLESEX-LONDON HEALTH UNIT www.healthunit.com/quitting

Provides information about quitting and connects you to helpful resources. Call 519-663-5317 x HELP (4357) to talk to a nurse about quitting.



YOUNG ADULTS

BREAK IT OFF www.breakitoff.ca

Everything you need to know about breaking up with smoking and get access to free resources such as a free app, Facebook page, YouTube video, online plan and text or phone support.

CRUSH THE CRAVE www.crushthecrave.ca

A free app that helps users stop smoking and start living a healthy life.

LEAVE THE PACK BEHIND www.leavethepackbehind.org

A tobacco control program that offers young adults 18-29 free proven quit smoking resources, personalized support and nicotine replacement therapy (while supplies last).

QUIT RUN CHILL www.quitrunchill.org

A free program for smokers and ex-smokers that helps you to set up a plan to quit smoking while also looking at exercise and stress.

PREGNANT/BREASTFEEDING

MOTHERISK www.motherisk.org

Evidence based information for pregnant and breastfeeding women on the safety and risk of drugs, chemicals and diseases. Call 1-877-439-2744 to speak with a counsellor. Available from 9am-5pm Monday through Friday.

PREVENTION OF GESTATIONAL AND NEONATAL EXPOSURE TO TOBACCO SMOKE (PREGNETS) www.pregnets.org

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

