

## 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](http://www.healthunit.com)

## SELF HELP RESOURCES

### CANADIAN CANCER SOCIETY (CCS) [www.cancer.ca](http://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](http://smokershelpline.ca)  
1 877 513-5333

### HEALTH CANADA [www.hc-sc.gc.ca](http://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](http://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

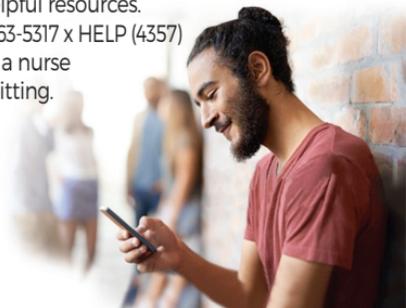
[www.on.lung.ca](http://www.on.lung.ca)

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](http://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](http://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](http://www.crushthecrave.ca)

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

### LEAVE THE PACK BEHIND

[www.leavethepackbehind.org](http://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](http://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](http://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](http://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.

