



smokershelpline.ca
1 877 513-5333

CONNECT TO QUIT

Phone Support



Online Program



Text Messaging



Encouraging employees to quit tobacco use? **We can help!**

Helping your employees to quit tobacco use is a great way to promote a healthy workplace. You can educate your staff on the resources available to them. The majority of tobacco users want to quit and can be successful with support.

Smokers' Helpline has proven tips and tools to help people quit tobacco use and increase their chance of being successful. We offer free, personalized and non-judgmental support, advice and information by phone, online and text messaging. Interpreter service is available by phone in over 100 languages.

When should you promote tobacco cessation to employees?

- Year round
- Key periods when people resolve to make change
 - New Year
 - After Labour Day in September
- Key periods promoting cessation
 - National Non-Smoking Week (held annually in January)
 - World No Tobacco Day (held annually on May 31)

Workplace cessation strategies

- Provide **Smokers' Helpline** materials to your staff, workplace Health and Safety Committee and/or Employee Health office
- Distribute **Smokers' Helpline** information via regular staff communications, such as paystubs, bulletin boards, newsletters and intranet
- Post a **Smokers' Helpline** electronic web banner on e-mail signatures and intranet
- Coordinate a quit tobacco challenge for employees
- Invite a **Smokers' Helpline** representative to host a display or deliver a presentation

For information about the free resources available from **Smokers' Helpline**, contact us at smokershelpline@ontario.cancer.ca or 1 877 513-5333.



Canadian Cancer Society
Société canadienne du cancer