

Local Agency	What they offer
College Student Health Plan	Student health plans may cover prescription quit smoking medication costs.
Break It Off Mobile App To Help Young People Quit - Canadian Cancer Society www.breakitoff.ca	FREE Break It Off mobile app to help you avoid smoking temptations as they happen. Also helps track your stats and identify when & where you're likely to have cravings and much more.
Leave The Pack Behind (LTPB) 1-905-688-5550 ext. 4992 email: ltpboffice@brocku.ca www.leavethepackbehind.org	A program that offers young adults quitting support. Up to 8 weeks of free nicotine patches and gum may be shipped directly to your door.
Ontario Drug Benefit (ODB) Program	Quit smoking medications, are free for people with an ODB card.
Pharmacy Smoking Cessation Program for ODB clients	Participating pharmacists will provide counselling and support access to quit smoking medications.
Ontario Works (OW) and Ontario Disability Support Program (ODSP)	If receiving OW or ODSP speak to your case worker to learn about programs for free nicotine replacement and supports.
Thinking of giving quitting a try? Talk to your: Doctor, nurse, optometrist, pharmacist, chiropractor, dentist, dental hygienist, social worker/counsellor, respiratory therapist. Or visit www.ontario.ca/quit smoking	

QUIT SMOKING YOUR WAY



**SUPPORT OPTIONS TO ASSIST YOU
TO REDUCE OR QUIT USING TOBACCO**



www.timiskaminghu.com

Want to quit smoking?

There is help!

It can take 3 to 5 quit attempts before someone can quit successfully. Don't let that get you down. Each attempt will help you in quitting for good on your next try. Support is available for a quit plan that will work best for you.

Quit Smoking Medications

Quit smoking medications can increase your chances of success. They are safe to use and can help manage cravings and other feelings of withdrawal. **There are 3 types to choose from:**

1. **Nicotine Replacement Therapy (NRT)** - Patch, Inhaler, Gum, Lozenge or Mouth spray.
2. **Varenicline (Champix®)** - Pill by Prescription
3. **Bupropion or Wellbutrin (Zyban®)** - Pill by Prescription

Prescription medications are available from your doctor, nurse practitioner, or pharmacist. **Other free, local supports are available** to help you with your quit plan such as the following (see details in the table below):

- Individual or group coaching
- Programs to help with the costs of medications
- Free NRT programs
- Online or text message support

Local Agency	What they offer
Great Northern Family Health Team 705-647-6100	<ul style="list-style-type: none"> • Individual and group counselling (English/French) • Free nicotine replacement therapy
Haileybury Family Health Team 705-672-3371	<ul style="list-style-type: none"> • Individual counselling (English/French) • Free nicotine replacement therapy
Kirkland Lake & District Family Health Team 705-567-2224	<ul style="list-style-type: none"> • Individual counselling (English/French) • Free nicotine replacement therapy

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Englehart and District Family Health Team 705-544-2321	<ul style="list-style-type: none"> • Individual counselling (English/French) • Free nicotine replacement therapy
Temagami Family Health Team 705-569-3244	<ul style="list-style-type: none"> • Individual counselling (English/French) • Free nicotine replacement therapy
Centre de santé communautaire du Témiskaming 1-800-835-CSCT (2728)	<ul style="list-style-type: none"> • Individual counselling (English/French) for CSCT clients • Group counselling (English/French) • Free nicotine replacement therapy
Canadian Mental Health Association (CMHA) 1-877-647-9596	<ul style="list-style-type: none"> • Individual and group counselling for CMHA clients (English/French)
Timiskaming Health Unit 1-866-747-4305 www.timiskaminghu.com	<ol style="list-style-type: none"> 1. Staff to help you understand your quit smoking support options. 2. Nicotine replacement therapy vouchers and coaching. 3. A group workshop that provides coaching tips and 5 weeks of free nicotine patches. Offered at various times in the year in various communities.
Centre for Addiction and Mental Health (CAMH) 1-888-880-7063 www.MATCHstudy.ca	MATCH Study: 12 weeks of free Champix® or Zyban® and support. To learn more, visit their website.
Smokers' Helpline 1-877-513-5333 Canadian Cancer Society www.smokershelpline.ca	Free, confidential one-on-one support, via phone, online or text messaging (English/French)
Non Insured Health Benefits (NIHB) for First Nations people and Inuit Regional office: 1-866-255-0700	Eligible First Nations people and Inuit have coverage for quit smoking medications. Talk to your health care provider or contact the NIHB.
Employers and Workplace Benefits	Employers may cover the cost of quit smoking medications. Employee benefit plans may include coverage for medications.