

TOOLS & SUPPORTS

TOOLS & SUPPORTS FOR CLIENTS AND PRACTITIONERS

Individuals seeking help to quit smoking or vaping in Ontario can access assistance through a variety of channels and through a number of different service organizations.

Program	Author	Audience
<u>STOP Program</u>	CAMH	All
<u>STOP on the Net</u>	CAMH	18+ years
<u>Ottawa Model for Smoking Cessation</u>	Ottawa Heart Institute	Ontario patients
<u>Smokershelpline.ca</u>	Canadian Cancer Society	All
<u>Talktobacco.ca</u>	Canadian Cancer Society	Indigenous
<u>Health Connect Ontario</u>	Government of Ontario	All
<u>Don't Quit Quitting</u>	TCAN Partners	All
<u>Notanexperiment.ca</u>	Simcoe Muskoka HU	Youth / Parents
<u>My Change Plan</u>	CAMH	All
<u>Quash</u>	Lung Health Foundation	Youth / Adults
<u>Pharmacy Smoking Cessation Program</u>	Government of Ontario	ODB recipients
<u>Pregnets</u>	CAMH	Pregnant / PP
<u>Tools for a Smoke-free Life</u>	Health Canada	All

FOR TOBACCO CESSATION SUPPORTS FOR HEALTHCARE PROVIDERS AND RESOURCES AVAILABLE THROUGH ONTARIO HEALTH UNITS CHECK OUT DON'T QUIT QUITTING.

