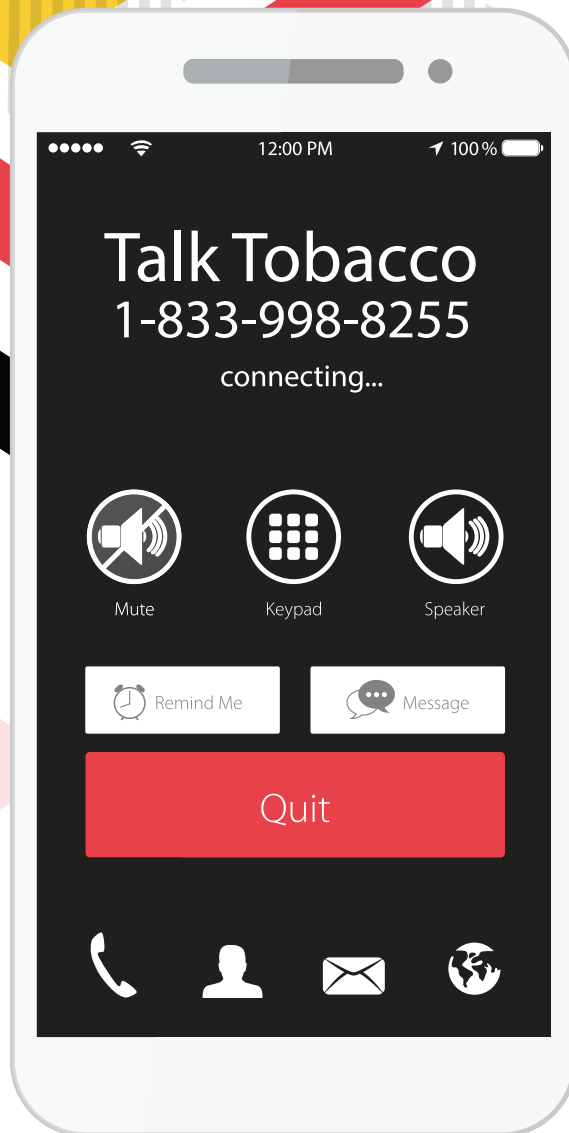


# talk tobacco

Indigenous Quit Smoking and  
Vaping Support



**Learn to cope**  
with cravings and  
withdrawal symptoms



**Culturally inclusive  
and aware**  
Serving First Nation, Inuit, Métis  
and Urban Indigenous populations



**Available in  
16 Indigenous  
languages**



**Free and  
confidential  
service**

## Quitlines like **Talk Tobacco** can **more than double** your chance of quitting successfully



Mon – Thurs: 8:00am – 9:00pm | Fri: 8:00am – 6:00pm | Sat & Sun: 9:00am – 5:00pm | Statutory Holidays: Closed



1-833-998-8255  
**talktobacco.ca**

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