

# MOST SMOKERS WANT TO QUIT.

Talk to your healthcare professional if you need help.

Reduce or Cut Down  
to Quit Smoking

Quit smoking  
“Cold Turkey”

Nicotine Replacement  
Therapy (NRT)

Prescription  
Medication

Quitting smoking is a process - not an event. It takes time and often many attempts. The quitting experience 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.

Quitting is the most important  
thing you can do for yourself!



## QUIT TIPS:

1. List your reasons for quitting and review them often.
2. Think about your past quit attempts. What worked and what did not?
3. Keep a record of when, where and 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.
8. Discuss with your healthcare provider.
9. Plan your activities for your first smoke-free week. Eat fruits, vegetables and low fat dairy products.
10. Deal with cravings: Keep busy, drink water, take slow deep breaths, be physically active and get plenty of rest.

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 and Free NRT

### CANADIAN CANCER SOCIETY (CCS)

[www.cancer.ca](http://www.cancer.ca)

Offers many resources to individuals living with cancer. Resources to help you quit smoking are available for all smokers.

### HEALTH CANADA

[www.canada.ca/en/health-canada/services/smoking-tobacco.html](http://www.canada.ca/en/health-canada/services/smoking-tobacco.html)

The *On The Road To Quitting* guides give you the information and skills you need to quit smoking successfully – Found here:

[www.canada.ca/en/health-canada/services/publications/healthy-living/road-quitting-guide-becoming-non-smoker.html](http://www.canada.ca/en/health-canada/services/publications/healthy-living/road-quitting-guide-becoming-non-smoker.html)

### SMOKE FREE CURIOUS

[www.smokefreecurious.ca](http://www.smokefreecurious.ca)

Information on local quit smoking programs, a quit calculator, self-help booklets, quit smoking tips like how to manage cravings, mental health resources, and motivational incentives including contests and quit aid offers.

### LUNG HEALTH FOUNDATION

[www.lunghealth.ca](http://www.lunghealth.ca)

Provides education and support to individuals living with lung diseases. *Journey to Quit* is a workbook available for download designed to assist all smokers in the quitting process. **Talk to a professional 1-888-344-LUNG (5864).**

[https://lunghealth.ca/wp-content/uploads/2021/05/Journey\\_to\\_Quit.pdf](https://lunghealth.ca/wp-content/uploads/2021/05/Journey_to_Quit.pdf)

### HEALTH811

Telephone Quit Coaches help individuals who are thinking about quitting, ready to quit, actively quitting, needing help staying smoke-free, not ready to quit or who want to help someone else quit. Service is available in English and French and over 100 languages through an interpreter. **Call 811 (TTY 1-866-797-0007).**

<https://health811.ontario.ca/>



### STOP ON THE NET

[www.stoponthenet.com](http://www.stoponthenet.com)

Available to Ontario adults interested in quitting tobacco cigarette smoking. Participants can receive a free ten-week NRT kit containing nicotine patches and gum/lozenges mailed directly to their address!

### OTTAWA MODEL FOR SMOKING CESSATION (OMSC)

Available to Ontarians who want to quit smoking but don't have a healthcare provider or cannot easily access smoking cessation support. Participants will receive a consultation, follow-up support, and nicotine replacement therapy vouchers. **Call 1-888-645-5405.**

### SMOKERS HELPLINE

Text message support for those looking to quit smoking and vaping. Connect online at [www.SmokersHelpline.ca](http://www.SmokersHelpline.ca) and by texting the word **iQuit** to the number **123456**.

### TALK TOBACCO

Provides quit smoking and vaping support for Indigenous communities. The program is culturally inclusive and aware, serving First Nation, Inuit, Métis and Urban Indigenous populations. It is free, confidential, and available in 16 Indigenous languages. **Call 1-833-998-8255** or visit [www.smokershelpline.ca/talktobacco/home](http://www.smokershelpline.ca/talktobacco/home)

## Youth and Young Adults

### QUASH APP

[www.quashapp.com](http://www.quashapp.com)

A free app that was developed to help you quit smoking or vaping. You can set goals, earn rewards and customize the program for every stage of your own quit journey.

### NOT AN EXPERIMENT

[www.notanexperiment.ca](http://www.notanexperiment.ca)

An online source of information, tools and resources about the harms of vaping. Downloads and resources (including an escape room game!) are available on the website for free.

## Pregnant/Breastfeeding

**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 healthcare providers to improve the health of moms and their babies.

