

## Advice for Cutting Back or Quitting Smoking

### Smokers' Helpline (Canadian Cancer Society)

Free, confidential service from a trained quit specialist. Interpreter services in over 100 languages by phone. Develop a "Quit Plan". Learn how to cope with cravings or withdrawal symptoms. Manage stress. Discover new quit methods. Information for pregnant women.

Toll-free **1-877-513-5333**

**Monday – Thursday:** 8:00 a.m. – 9:00 p.m.

**Friday:** 8:00 a.m. – 6:00 p.m.

**Saturday – Sunday:** 9:00 a.m. – 5:00 p.m.

### Smokers' Helpline Online and Text Messaging

Discussion forums, Quit Meter, Quit Buddies, Hall of Fame, e-mail. [www.smokershelpline.ca](http://www.smokershelpline.ca)

**Supportive Text Messages** for 13 weeks.



### Middlesex-London Health Unit

Call **519-663-5317 ext. 2673** to speak to a Public Health Nurse at the Middlesex-London Health Unit about cutting back or quitting smoking. Information about programs running in Middlesex-London also available.

### MLHU Online Information

Check out our website for more information on quitting and/or staying smoke-free.

[www.healthunit.com/quitting](http://www.healthunit.com/quitting)



## Self Help Resources

**\*One Step at a Time** booklets  
(Canadian Cancer Society)

Helps adults work through the quitting process.  
**519-432-1137** or **1-877-513-5333**

[www.cancer.ca/en/search/?region=on&q=one%2bstep%2bat%2ba%2btime](http://www.cancer.ca/en/search/?region=on&q=one%2bstep%2bat%2ba%2btime)

### Health Canada – “Go smokefree!”

Facts about tobacco, second-hand smoke, and quitting smoking. **\*On the Road to Quitting** booklet guide to becoming a non-smoker.

[www.hc-sc.gc.ca/hc-ps/pubs/tobac-tabac/road-voie-eng.php](http://www.hc-sc.gc.ca/hc-ps/pubs/tobac-tabac/road-voie-eng.php)

## Online Information

### Centre for Addiction and Mental Health (camh)

Learn about tobacco and its effects.

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

### Canadian Lung Association

Resources to quit smoking. Encourage someone to quit smoking or tell friends you are quitting smoking with online e-cards.

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

### Smoke-Free Ontario – Quit Smoking

[www.mhp.gov.on.ca/en/smoke-free/quit-smoking.asp](http://www.mhp.gov.on.ca/en/smoke-free/quit-smoking.asp)

### Physicians for a Smoke-Free Canada

Information and resources to reduce smoking and second-hand smoke exposure.

[www.smoke-free.ca](http://www.smoke-free.ca)

### Smoke-Free Housing Ontario

Learn about your options to live smoke-free!

[www.smokefreehousingon.ca/sfho](http://www.smokefreehousingon.ca/sfho)

## Pregnant/Breastfeeding

### Motherisk

Evidence-based information about safety or risk of drugs, chemicals, and disease for women during pregnancy and lactation.

Toll free **1-877-327-4636**

[www.motherisk.org](http://www.motherisk.org)

### Pregnets

Information for moms and health professionals about smoking and pregnancy

[www.pregnets.org](http://www.pregnets.org)

## Youth Resources

### Quit 4 Life Program

For youth ages 14-19. Interactive program online. Downloadable copies of Q4L book.

[www.quit4life.com](http://www.quit4life.com)

### thetruth.com

Make informed decisions. Learn how to fight back against the tobacco industry's schemes.

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

### Tobacco Facts

Facts about tobacco, tobacco products, and the health effects linked with using tobacco products

<https://www.healthunit.com/tobacco-facts>

### Health Canada – Youth Zone

Facts about smoking and being smoke-free.

[www.hc-sc.gc.ca/hc-ps/tobac-tabac/youth-jeunes/index-eng.php](http://www.hc-sc.gc.ca/hc-ps/tobac-tabac/youth-jeunes/index-eng.php)

### Smoke Free Movies

Fight the tobacco industry's tactics of using movie stars to influence youth to smoke.

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

## Medications

### Nicotine Replacement Therapy (NRT)

*Discuss with your doctor, pharmacist or other health care provider.*

The Patch, Gum, Lozenges, and Inhaler are all types of Nicotine Replacement Therapy (NRT) to help you quit smoking.

### Nicotine Free Options

*Prescribed by your Health Care Provider*

Zyban® and Champix® are two quit smoking medications. Ask your doctor, pharmacist, or nurse practitioner for more information about these medications and others to help you quit.

## Research Programs

University of Western Ontario studies for those eligible who want to quit smoking. Visit [www.ehpl.uwo.ca](http://www.ehpl.uwo.ca) or call 519-661-3211.

### Remember...

- Quitting is a **process not an event**.
- It takes **more than will power** to quit smoking.
- **Psychological AND Physical** aspects of smoking addiction need to be addressed.
- **Information, social support**, and planning to **cope with cravings** and **withdrawal** are important for your attempt to quit smoking.
- **Different methods work for different people**. Many people try quitting a number of times before they quit for good!

*Updated February 2014*

### QUIT TIPS

1. List your **reasons to quit** 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 (nicotine gum, lozenge, patch, inhaler) or **medications** like Zyban® or Champix®. Discuss with your health care provider.
8. **Plan your activities for your first smoke-free week**. Eat fruits, vegetables and low fat dairy products.
9. **Deal with cravings**: keep busy, drink water, take slow deep breaths, be physically active and get plenty of rest.
10. **Reward yourself**. Be positive! If you slip, learn from it and keep trying.

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tel: (519) 663-5317 • fax: (519) 663-9581  
[health@mlhu.on.ca](mailto:health@mlhu.on.ca)

Strathroy Office - Kenwick Mall  
51 Front St. E., Strathroy ON N7G 1Y5  
tel: 519-245-3230 • fax: (519) 245-4772

## Want to Quit Smoking?



*For more information:*

(P) 519-663-5317 x2673  
(F) 519-663-9276

or email

[smokefreeinfo@mlhu.on.ca](mailto:smokefreeinfo@mlhu.on.ca)