

CESSATION OPTIONS – MIDDLESEX-LONDON

NICOTINE REPLACEMENT THERAPY (NRT)

The STOP Program

Family Health Teams / Community Health Centres / Addiction Agencies / Nurse Practitioner-Led Clinics may offer this program that provides 26 weeks of NRT, resources and counselling. For more information about STOP or how to become a STOP Program Provider, please visit:

<https://www.nicotinedependenceclinic.com/en/stop/home>



STOP on the Net

Program that offers free NRT by mail (10 weeks of NRT patches and gum/lozenges) with no practitioner intervention. Clients self-register on-line at:

www.stoponthenet.ca

Ottawa Model for Smoking Cessation

Program that offers free NRT (6 weeks). Consultation, follow-up support and NRT are provided to eligible participants. Clients self-register by calling:

1-888-645-5405

First Nations, Inuit, Metis and Indigenous Peoples

Aboriginal Health Access Centres may offer the STOP program. Eligible clients with status have access through limited use coverage under the Non-Insured Health Benefits (NIHB) Program for NRT. Please visit for more information:

<https://www.sac-isc.gc.ca/eng/1572537161086/1572537234517>

PRESCRIPTION MEDICATION

Employed

Individuals may have coverage for NRT and/or prescription medication for smoking cessation such as Varenicline (Champix) and Bupropion (Zyban) under a group drug benefit plan.

Ontario Disability Support Program (ODSP)

Limited use coverage for prescription medications; Varenicline and Bupropion:

<https://www.ontario.ca/page/ontario-disability-support-program>

Ontario Drug Benefit Program (ODB)

Limited use coverage for prescription medications; Varenicline and Bupropion:

<https://www.ontario.ca/page/get-coverage-prescription-drugs>

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OHIP coverage for individuals 18-24 years (OHIP+)

Limited use coverage for prescription medications; Varenicline and Bupropion:

<https://www.ontario.ca/page/learn-about-ohip-plus>

First Nations, Inuit, Metis and Indigenous Peoples

Eligible clients with status have access through limited use coverage under the Non-Insured Health Benefits (NIHB) Program for prescription medications; Varenicline and Bupropion. Please visit for more information:

<https://www.sac-isc.gc.ca/eng/1572537161086/1572537234517>

CESSATION COUNSELLING

Employed

Individuals may have coverage for counselling with a psychologist and/or psychotherapist through their group benefit plan. Counselling for smoking cessation may also be offered under an Employee Assistance Program (EAP).

Health811

Evidence-informed smoking cessation supports and information provided by Care Coaches via phone 10am-10pm daily, with Care Coach Assistants Available 24/7 to help with ongoing supports and information. Call 811 or visit for more information:

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

Smokers' Helpline Online and Text Support

This program offers online programs and text message support to client who wish to quit smoking and/or vaping. SHL is open 7 days a week. Users have the option to participate in 3 different streams of cessation counselling: smoking, vaping or combination use. Connect with SHL online or by texting the word iQuit to the number 123456

www.SmokersHelpline.ca

First Nations, Inuit, Metis and Indigenous Peoples: Talk Tobacco

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. Clients may refer themselves to the program by calling 1-833-998-8255 or visiting:

<https://smokershelpline.ca/talktobacco>

