



PREPARING TO QUIT SMOKING

WHETHER YOU'RE PLANNING TO QUIT, OR YOU HAVE QUIT...

...WE'RE HERE TO HELP YOU

ALGOMA PUBLIC HEALTH

99 Foster Drive, 6th Floor – Civic Centre, Sault Ste. Marie, ON

www.algomapublichealth.com

- Provides self help resources, Smoker's Helpline fax back referral service and a smoking cessation clinic service that helps you take an in depth look at your smoking history, patterns and triggers, develop a quit plan and work with a quit coach as you progress towards becoming and remaining smoke-free

To access resources or to book appointments call 541-7378.

CANADIAN CANCER SOCIETY

www.smokershelpline.ca

- The Canadian Cancer Society *Smokers' Helpline* (SHL) is a free, confidential, service that provides personalized support and advice, as well as information about quitting smoking and tobacco use. By telephone you can talk to a quit specialist for free confidential one to one support. On-line service provides free 24/7 access to a supportive community and self help program where you can monitor your progress with your quit meter. A text messaging service lets you receive helpful messages for up to 13 weeks, depending on your quit date. Anyone, anywhere in Ontario who wants to quit or wants to remain smoke-free, can use SHL.

Call 1-877-513-5333 SMOKER'S HELPLINE

GROUP HEALTH CENTRE

262 Queen St. E., 3rd Floor, Sault Ste. Marie, ON

www.ghc.on.ca

- This program is for GHC staff and enrollees* only. (*Enrollee: Those who have a primary care provider [family physician, paediatrician or nurse practitioner] based with the GHC or satellite location, and who receive most of your care here.)
- The Smoking and Tobacco Cessation Program (STOP) service is provided by a registered nurse certified in smoking cessation counselling. Support and counselling is provided to patients in the program.

**Ask your GHC health care provider to refer you to the STOP Program
or call 759-5539**

LEAVE THE PACK BEHIND

Sault College

443 Northern Ave E

www.leavethepackbehind.org/sault

- Sault College's LEAVE THE PACK BEHIND (LTPB) is an open-minded, campus-based program about tobacco and smoking for young adults. The program provides information for students who do or don't want to quit, runs an annual quit contest, and provides carbon monoxide testing. Supports for College staff are also available. LTPB understands it can be difficult to quit smoking; it's a personal choice to smoke or quit and that when you choose to quit you want a plan to do it your way.

SMOKEBUSTERS

Canadian Mental Health Association (CMHA)

386 Queen Street East, Sault Ste. Marie, ON P6A 1Z1

www.cmha.ca

- This program provides an approach to help people with a mental illness to move closer to a smoke-free lifestyle. Smoker's Helpline fax back referral service is also offered

Call: 759-0458 Ext. 222

PREGNETS.ORG

www.pregnets.org

- Pregnets is a program to increase the capacity of pregnant and postpartum women to quit smoking using a woman centred model of care
- The Pregnets website hosts the most up-to-date information on smoking cessation practices for pregnant and postpartum women, a printer-friendly [Nicotine Dependency Test](#) and an anonymous [Online Discussion Board](#).

STOP SMOKING AIDS

NICOTINE REPLACEMENT THERAPY

Gums (i.e. Nicorette), Patches (i.e. Nicoderm, Habitrol), Inhaler (i.e. Nicorette)

www.nicorette.ca 1-866-311-5655

www.nicoderm.ca or <http://yourjourney.nicoderm.ca>

www.habitrol.com 1-888-227-5777 Monday – Friday 8:00 a.m.-10:00 p.m

NON-NICOTINE THERAPY

- Zyban (Bupropion) *by prescription only*
1-800-489-8424 (for ZYBAN) support line 24-hour 7 days a week
www.zybannet.com
- CHAMPIX by prescription only
Pfizer Canada www.pfizer.ca
Medication Information 1-800-463-6001

