

Smoking Cessation Services and Resources

Free access to Champix and Zyban and Pharmacy Smoking Cessation counselling by local pharmacists for clients who are Ontario Drug Benefit (ODB) and OHIP+ recipients. Clients with private insurance coverage may also have free access to these medications with a prescription.

STOP on the Net. The Centre for Addiction and Mental Health (CAMH) has launched an online smoking cessation program called STOP on the Net, available to adults in Ontario interested in quitting tobacco cigarette smoking. Eligible participants can receive a free 8-week NRT kit containing nicotine patches and gum/lozenges mailed directly to their address! STOP on the Net is now available in both English and French.

Learn more by visiting
www.stoponthenet.com



Smokers' Helpline and Talk Tobacco are now offering a trial package of 2 NICO-DERM® patches and a sleeve of 15 pieces of NICORETTE® nicotine gum to qualifying quitters. For more information, please visit <https://www.smokershelpline.ca/register>.



STOP with Health Care Organizations: STOP partners with Family Health Teams, Community Health Centres, Addiction Agencies, Nurse Practitioner-Led Clinics, Aboriginal Health Access Centres, and Indigenous Health Organizations to help clients find support close to home.

Note: The STOP Program is currently available only to participating Ontario organizations. If you are unsure whether your local organization participates in the STOP program, please contact stop.study@camh.ca for more information.

Smokers' Helpline (SHL)

offers online programs and text message support to clients who wish to quit smoking and vaping. During the COVID-19 pandemic SHL remains open 7 days a week to support Canadians in their efforts to quit smoking and vaping. Users have the option to participate in three different streams of cessation counselling: smoking, vaping or combination use. Connect with SHL online at SmokersHelpline.ca and by texting the word iQuit to the number 123456.



Ottawa Model for Smoking Cessation (OMSC) Community Program

is for Ontarians who want to quit smoking but are not enrolled with a health care provider or cannot easily access smoking cessation support. Eligible participants will receive a consultation, follow-up support, and nicotine replacement therapy vouchers. Clients are to call 1-888-645-5405 and leave their contact information on the voicemail. A Nicotine Addiction Specialist will get back to them within 2 business days.

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. Talk Tobacco helps clients learn to cope with cravings and withdrawal symptoms. Clients may refer themselves to the program by calling 1-833-998-8255 or visiting smokershelpline.ca/talktobacco. Health care providers may also complete the Talk Tobacco referral form to refer clients to the program. Stay up to date with the Talk Tobacco Program by following Talk Tobacco on Facebook and sign up for their Quarterly Newsletter.

