

Quit Smoking Resources

(Please post)



SMOKERS' HELPLINE (SHL)

Smokers' Helpline is a free, confidential service available to Ontarians who want to quit tobacco use or need help staying smoke-free. SHL offers phone, online and text messaging services. Smokers' Helpline is evidence-based, non-judgmental and personalized. Bilingual services are offered by phone and online. Interpreter services are also available. Call 1-877-513-5333 or visit www.smokershelpline.ca.

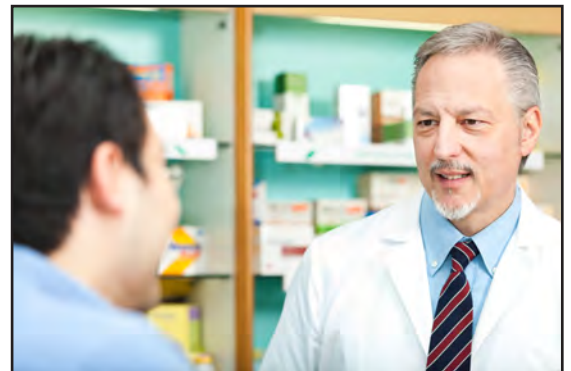
FAMILY HEALTH TEAM or COMMUNITY HEALTH CENTRE

If your doctor or health care provider is part of a Family Health Team (FHT) or a Community Health Center (CHC), you may be eligible to receive free assistance and free nicotine replacement therapy. If your doctor or health care provider is not part of a FHT or CHC, you still may be eligible to receive free assistance and free Nicotine Replacement Therapy at participating Community Health Centres (Port Hope CHC). Contact your health care provider for more information.

Haliburton FHT	705-457-1212 (Haliburton) 705-286-2500 (Minden)
CKL Family Health Team	705-328-9853, ext 221
Community Care CKL CHC	705-879-4100
Kawartha North FHT	705-887-3535
Port Hope CHC	905-885-2626
Trent Hills FHT	905-355-2075 (Colborne) 705-653-1801 (Campbellford)
Brighton Quinte West FHT	613-475-1555
Northumberland FHT	289-252-2139

PHARMACY SMOKING CESSATION PROGRAM

Many pharmacists are trained to provide support to people trying to quit smoking. They can help you identify the best way of quitting, including prescribing the quit smoking medications Champix (varenicline) or Zyban (bupropion). Ontario Drug Benefit Recipients may be eligible for free counseling and medication. Contact your pharmacist for more information.



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Haliburton, Kawartha, Pine Ridge District Health Unit

1-866-888-4577

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