

Thinking of Quitting Smoking?

Attend “**Leave the Pack Behind**”, Thames Valley Family Health Team’s online information session to help you to quit smoking. All are welcome! Sign up at www.thamesvalleyfht.ca/programs

Interested in using Nicotine Replacement (patches, lozenges, gum, inhalers) to help you quit?

1. You could access 26 weeks of free nicotine supplies + coaching through the **STOP Program** if you are a patient at a Thames Valley Family Health Team site and are eligible.
2. **STOP on the Net** is a free online program that provides up to 6 weeks of free nicotine. This is a great program for individuals who are unable to make appointments during office hours.
<https://www.nicotinedependenceclinic.com/en/stop/stop-on-the-net>.
3. **Public Health Smoking cessation program** for individuals covered by Ontario Drug Benefits. For a list of pharmacies please visit:
www.swpublichealth.ca/my-health/alcohol-drugs-and-tobacco/health-effects-of-smoking/quit-smoking-resources/

Interested in using Varenicline (Champix) or Bupropion?

They can be covered by a private insurance plan or if you have Ontario Drug Benefits (Senior's drug plan, under 25, Ontario Works, Ontario Disability Support Program, Trillium Drug Program).

Contact your physician or NP to discuss or home pharmacy to see if they offer this service.

Other programs and services in our community:

- **Your community pharmacist** can prescribe medications (Champix, Zyban) to help you quit, advise you on nicotine product regimen, and provide counselling.
- **Health811** offers free individual counselling over the phone for anyone wanting to quit smoking. Call 811 to access or toll free: 1 866-797-0007
- **Smokers' Helpline**: Call 1-877-513-5333 to talk with a Quit Coach or text “iQuit” to 123456 for text support.



Thames Valley
Family Health Team