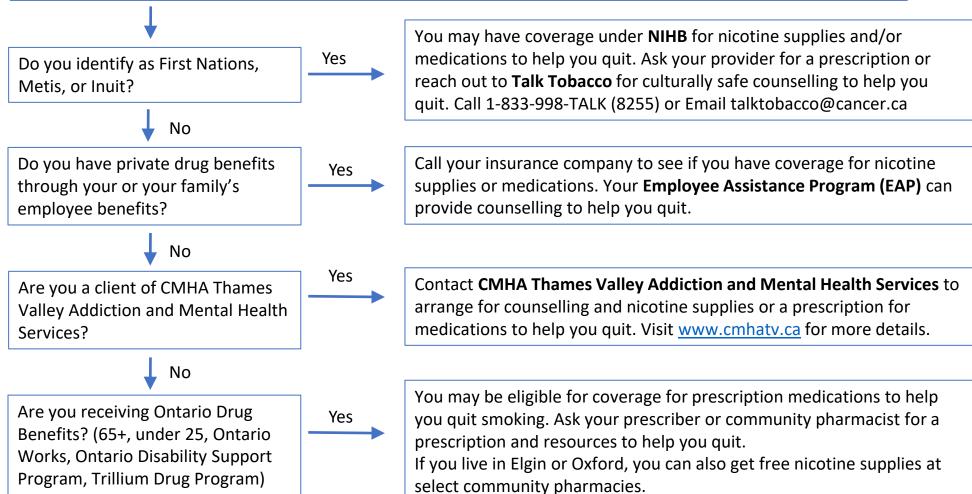
Thinking of Quitting Smoking?

View **Leave the Pack Behind**, Thames Valley Family Health Team's video to help you to quit smoking: https://thamesvalleyfht.ca/programregistration/leave-the-pack-behind-tools-to-quit-smoking/





Are you a patient at a Family Health Team, Nurse Practitioner Led Clinic, Community Health Centre, or Aboriginal Health Access Centre?

You could access 26 weeks of free nicotine supplies through the STOP Program. Talk to your clinic about completing the online form. Your healthcare providers can also prescribe medications and provide counselling to help you quit.

Other programs and services:

- Your community pharmacist can prescribe medications to help you quit, advise you on nicotine product regimen, and provide counselling.
- Your local health unit may have programs to help people quit.
- **STOP on the Net** is a free online program that provides up to 8 weeks of free nicotine products: https://intrepidlab.ca/en/stop/stop-on-the-net
- The Ottawa Model for Smoking Cessation is available to anyone without a primary care provider or who cannot access support to quit smoking. Eligible participants will receive a consultation, follow-up support, and 6 weeks of free NRT. Call 1-888-645-5405 and leave your contact information on the voicemail. A Nicotine Addiction Specialist will respond within 2 business days.
- **Health Connect Ontario** offers free individual counselling over the phone for anyone wanting to quit smoking. Call 811 for support or visit https://health811.ontario.ca/static/guest/home.
- **Smokers' Helpline**: Call 1-866-797-0000 to talk with a Quit Coach or text "iQuit" to 123456 for text support.

