

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/>



Do you identify as First Nations, Metis, or Inuit?

Yes

You may have coverage under **NIHB** for nicotine supplies and/or medications to help you quit. Ask your provider for a prescription or reach out to **Talk Tobacco** for culturally safe counselling to help you quit. Call 1-833-998-TALK (8255) or Email talktobacco@cancer.ca

No

Do you have private drug benefits through your or your family's employee benefits?

Yes

Call your insurance company to see if you have coverage for nicotine supplies or medications. Your **Employee Assistance Program (EAP)** can provide counselling to help you quit.

No

Are you a client of CMHA Thames Valley Addiction and Mental Health Services?

Yes

Contact **CMHA Thames Valley Addiction and Mental Health Services** to arrange for counselling and nicotine supplies or a prescription for medications to help you quit. Visit www.cmhatv.ca for more details.

No

Are you receiving Ontario Drug Benefits? (65+, under 25, Ontario Works, Ontario Disability Support Program, Trillium Drug Program)

Yes

You may be eligible for coverage for prescription medications to help you quit smoking. Ask your prescriber or community pharmacist for a prescription and resources to help you quit. If you live in Elgin or Oxford, you can also get free nicotine supplies at select community pharmacies.

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.



Thames Valley
Family Health Team