

You can be smoke-free!

Are you a client of a family health team, community health centre or nurse practitioner-led clinic?



Clients can get free quit smoking support and nicotine replacement therapy. For more details, refer to the back of the page.



Contact **Smokers' Helpline**, who offer free support for quitting smoking by phone, text or online. Call 1-877-513-5333, visit smokershelpline.ca, or text "iQuit" to the number 123456. Other supports include:

Are you 18-29 years of age?

Leave the Pack Behind offers 8 weeks of free nicotine patches or gum for young adults who qualify (while supplies last).

Register online at www.leavethepackbehind.org

Are you a Nipissing First Nation band member?

Nipissing First Nation Health Services Quit smoking support and prevention based activities.

Call 705-753-1375

Do you have Non-Insured Health Benefits (NIHB)?

Access nicotine replacement therapy, including Champix and Zyban.

To learn more, visit www.healthcanada.gc.ca/nihb

Do you have OHIP+?

Those 18 years or older can receive Champix or Zyban. You may also access up to a year of pharmacist-assisted counselling (talk to your pharmacist or health care provider).

Interested in Zyban or Champix?

Contact your family physician or pharmacist. Pharmacists may be able to provide smokers with individual counselling and prescribe Zyban or Champix.

Are you on Ontario Drug Benefit (ODB)?

You can receive 12 weeks of Champix or Zyban at no cost each year.

Do you have health benefits or group insurance?

Find out if smoking cessation medication is covered.

Interested in Quit & Win contests?

First Week Challenge

(www.firstweekchallengecontest.ca)

Run to Quit Challenge (www.runtoquit.com)

Would You Rather (www.wouldrather.ca)

You can be smoke-free!

Clients of the following agencies can get free quit smoking support and/or nicotine replacement therapy:

Nipissing District

- **North Bay Nurse Practitioner-Led Clinic**
705-478-7671
- **Blue Sky Family Health Team**
705-475-0500
- **West Nipissing Family Health Team**
705-753-5775
- **West Nipissing Community Health Centre**
705-753-0151

Parry Sound District

- **Burk's Falls Family Health Team**
705-382-4020
- **Medical Associates - Parry Sound**
705-746-9382
- **Rugged Shores Family Health**
705-746-2181
- **Powassan & Area Family Health Team (counselling only)**
705-724-1020

Still not sure where to turn for quit smoking support?

The North Bay Parry Sound District Health Unit offers smokers a variety of programs and services throughout the year (may include free or low-cost nicotine replacement therapy).

Contact the Health Unit

705-474-1400 / toll-free 1-800-563-2808 ext. 5640

www.myhealthunit.ca