

You can be smoke-free!



Smokers' Helpline

Find online support, forums, tools and contests to help you quit at smokershelpline.ca, or receive support on the go by **texting "iQuit"** to the number **123456**.

Talk Tobacco

Support for First Nation, Inuit, Métis and urban Indigenous people who are looking to reduce/quit using commercial tobacco and vape products. Call **1.833.998.8255** (TALK) or for more info visit talktobacco.ca

STOP on the Net

You can receive 6 weeks of free nicotine patches and gum/lozenges mailed to your door by signing up for this online program from the Centre for Addiction and Mental Health at stoponthenet.com.

Health811

Call **811** to speak to a CareCoach who is ready to help you plan to quit, stay quit, reduce or get through a difficult time.

Ottawa Model for Smoking Cessation

Call **1.888.645.5405** to receive support to help you quit smoking and 6 weeks worth of free nicotine replacement therapy in the mail.

Family Physician and Pharmacist

Contact your family physician or pharmacist to learn more about medications to help you quit. Pharmacist may be able to provide counselling and prescribe Champix and Zyban.

Ontario Drug Benefits (ODB)

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

Health Benefits or Group Insurance

Find out if smoking cessation medication is covered.

To learn more about these programs and services, contact the North Bay Parry Sound District Health Unit.

 1.800.563.2808
myhealthunit.ca

North Bay Parry Sound District
Health Unit

Bureau de santé
du district de North Bay-Parry Sound

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Clients can get free quit smoking support and/or nicotine replacement therapy from:

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

Parry Sound Family Health Team
705.746.2181

Powassan & Area Family Health Team
705.724.1020



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