
Where to Turn for Help

Patient Support and Resources

Canadian Quitlines

www.gosmokefree.gc.ca/quit
1-866-366-3667
(the number on cigarette packages)

Quitlines offer free coaching, support and information about quitting smoking and commercial tobacco use.

Quit Coaches provide personalized, non-judgemental coaching and practical information on –

- Making a personalized quit plan
- Coping with stress, cravings and withdrawal symptoms
- Dealing with slips and relapses
- Accessing free self-help materials
- Locating community-based services
- Pharmacotherapy options

Clinical trials consistently demonstrate that helpline counselling approximately doubles the odds of successful long term quitting.

Canadian Cancer Society's Smokers' Helpline Online

www.smokershelpline.ca
1-877-513-5333

Smokers' Helpline Online offers free cessation resources, a self-directed quitting program and a robust online community of other quitters that is moderated by Quit Coaches.

Visit the site to sign up for free supportive emails or text message support direct to a mobile device.

Canadian Lung Association

<https://www.lung.ca/>
1-888-566-5864

The voice of lung health for Canadians, The Lung Association is a great place to find information and support. Call to find out about smoking support groups and counseling.
