

## Where to find help to quit using tobacco

Medications and support can help you reduce or quit using tobacco. See information at end of chart for a description of Nicotine Replacement Therapy (NRT) or prescription medication.

MIDLAND AND AREA	
Organization	What they offer
<p><b>Simcoe Muskoka District Health Unit (SMDHU)</b> Health Connection 705-721-7520 or 1-877-721-7520 <a href="http://www.simcoemuskokahealth.org">www.simcoemuskokahealth.org</a></p>	<ul style="list-style-type: none"> <li>❖ Telephone counselling with a nurse</li> <li>❖ Referral to local cessation supports</li> <li>❖ Registration for CAMH STOP on the Road workshops (see CAMH below for STOP with health units)</li> <li>❖ For a list of all local workshops <a href="#">click here</a> or call SMDHU and ask for Health Connection</li> </ul>
<p><b>North Simcoe Family Health Team (NSFHT)</b> 952 Jones Road Midland, ON L4R 4K3 705-526-7804 <a href="http://www.nsfht.ca">www.nsfht.ca</a></p>	<ul style="list-style-type: none"> <li>❖ Available to clients of the NSFHT and anyone in the community who has diabetes</li> <li>❖ CAMH STOP Program (see CAMH below for STOP with Family Health Teams), support, and free NRT</li> </ul>
<p><b>CHIGAMIK Community Health Centre</b> 845 King Street Midland, ON L4R 0B7 705-527-4154 ext. 215 <a href="http://www.chigamik.ca">www.chigamik.ca</a></p>	<ul style="list-style-type: none"> <li>❖ Open to all community members 16 years of age or older within the Simcoe County region</li> <li>❖ Weekly Quit Café – Thursdays from 10:00 a.m. to 11:30 a.m.</li> <li>❖ Free NRT and support</li> </ul>
<p><b>Canadian Mental Health Association (CMHA)</b> 337 Midland Avenue Midland, ON L4R 3K8 705-527-8738 <a href="http://www.cmhastartalking.ca">www.cmhastartalking.ca</a></p>	<ul style="list-style-type: none"> <li>❖ Primary support is one-on-one counselling for clients involved in CMHA addiction services</li> </ul>
REGIONAL AND PROVINCIAL	
<p><b>Centre for Addiction and Mental Health (CAMH)</b> 1-800-463-2338 <a href="http://www.camh.ca">www.camh.ca</a></p>	<p><u>CAMH STOP Program (STOP on the Road) offered by health units:</u></p> <ul style="list-style-type: none"> <li>❖ 3 hour workshop offered in partnership with health units</li> <li>❖ Eligible participants will attend an educational session and will receive 5 weeks of free prepackaged NRT patch kits</li> <li>❖ For local health unit workshops, must call to see if you qualify and to register</li> <li>❖ Visit <a href="#">STOP on the Road</a> for details</li> </ul> <p><u>CAMH STOP with Family Health Teams:</u></p> <ul style="list-style-type: none"> <li>❖ Family Health Teams (FHTs) participating in the STOP Program are provided with free Nicotine Replacement Therapy (NRT) for enrolled participants (up to 26 weeks within one year of enrollment, subject to practitioner discretion)</li> <li>❖ Cessation counselling and support offered</li> </ul> <p><u>The STOP Program is also available through participating Community Health Centres (CHCs), Nurse Practitioner-Led Clinics (NPLCs), and Addiction Agencies (AAs)</u></p> <ul style="list-style-type: none"> <li>❖ Contact a local organization to find out more information</li> <li>❖ Contact your health care provider if you are unsure if they belong to a participating organization</li> </ul> <p><u>MATCH Study</u></p> <ul style="list-style-type: none"> <li>❖ 12 weeks of free prescription medication (Champix or Zyban) and support</li> <li>❖ To learn more, visit <a href="#">CAMH MATCH Study</a></li> </ul>
<p><b>Smokers' Helpline</b> 1-877-513-5333 <a href="http://www.smokershelpline.ca">www.smokershelpline.ca</a></p>	<ul style="list-style-type: none"> <li>❖ Quit specialists provide counselling and support</li> <li>❖ Phone, internet, text, and self-help workbooks</li> <li>❖ Interpreter services available</li> <li>❖ Phone Support Hours: <ul style="list-style-type: none"> <li>– Monday to Thursday from 8:00 a.m. to 9:00 p.m.</li> <li>– Friday from 8:00 a.m. to 6:00 p.m.</li> <li>– Saturday from 9:00 a.m. to 5:00 p.m.</li> </ul> </li> <li>❖ Online and Text Support Hours: <ul style="list-style-type: none"> <li>– 24/7</li> </ul> </li> </ul>

<b>Leave The Pack Behind</b> <a href="http://www.leavethepackbehind.org">www.leavethepackbehind.org</a>	<ul style="list-style-type: none"> <li>❖ 18-29 years of age</li> <li>❖ 8 weeks of free NRT when supplies are available (patches and gum)</li> <li>❖ Order online</li> </ul>
<b>Ontario Drug Benefit (ODB)</b> 1-866-811-9893	<ul style="list-style-type: none"> <li>❖ Prescription medications, Champix, and Zyban are free with an ODB card</li> <li>❖ ODB Pharmacy Cessation Counselling Program</li> <li>❖ For more information, visit <a href="#">ODB</a></li> </ul>
<b>Ontario Works (OW) and Ontario Disability Support Program (ODSP)</b>	<ul style="list-style-type: none"> <li>❖ People receiving OW or ODSP should speak to their case worker to learn about programs and eligibility for free nicotine replacement and supports</li> <li>❖ For more details, visit <a href="#">OW</a> or <a href="#">ODSP</a></li> </ul>
<b>Non Insured Health Benefits (NIHB) for First Nations and Inuit</b> <a href="http://www.hc-sc.gc.ca/fniah-spnia/nihb-ssna/index-eng.php">www.hc-sc.gc.ca/fniah-spnia/nihb-ssna/index-eng.php</a>	<ul style="list-style-type: none"> <li>❖ Eligible First Nations and Inuit persons have coverage for NRT and prescription medications</li> <li>❖ Talk to your health care provider or contact the <a href="#">NIHB regional office</a></li> <li>❖ For more information, visit <a href="#">NIHB</a></li> </ul>
<b>Trillium Drug Program (TDP)</b>	<ul style="list-style-type: none"> <li>❖ Prescription medication for smoking cessation and/or reducing may be covered for those enrolled</li> <li>❖ For more information, visit <a href="#">TDP</a></li> </ul>
<b>OTHER</b>	
<b>Workplace Benefits</b>	<ul style="list-style-type: none"> <li>❖ Understand what your benefit plan covers for NRT or prescription medication</li> <li>❖ Speak with your Health and Wellness contact or Human Resources about NRT benefit plan coverage</li> <li>❖ Ask for a support person in the workplace for quitting or reducing smoking</li> </ul>
<b>Health Care Providers (HCP) or Hospitals</b>	<ul style="list-style-type: none"> <li>❖ Talk to your HCP (i.e. doctors, pharmacists, social workers, addictions counsellors, chiropractors, massage therapists, physiotherapists, dental hygienists, dentists, nurses) about your tobacco use</li> <li>❖ Ask your HCP what supports are available for those being admitted to hospital that want to reduce or quit smoking</li> <li>❖ The Smoke-Free Ontario Act prohibits smoking on hospital property except in a marked Designated Smoking Area until December 31, 2017</li> </ul>
<b>Paying for your own NRT and prescription medications</b>	<ul style="list-style-type: none"> <li>❖ Talk with your HCP and ask if prescription medications such as Champix or Zyban are right for you</li> <li>❖ NRT is available in patch, gum, lozenge, inhaler, and spray</li> <li>❖ Read all directions before use</li> <li>❖ Always check expiry dates</li> <li>❖ Generic and name brands are equally effective</li> </ul>

**Nicotine Replacement Therapy (NRT):**

- Patch, gum, lozenge, inhaler, and spray
- Available over the counter in pharmacies at a cost and do not require a prescription

**Prescription medication is also available:**

- Zyban also called Bupropion (the same as Wellbutrin)
- Champix also known as Varenicline
- Both require a prescription from a doctor, nurse practitioner, pharmacist, or dentist
- Eligible people can receive the prescription drugs free

**\*Note: The information above is current as of January 2017.**