

## Where to find help to quit or reduce tobacco use

Support, Nicotine Replacement Therapy (NRT) and/or medications can help you reduce or quit using tobacco.

ORILLIA AND AREA	
Organization	What they offer
<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>	<ul style="list-style-type: none"> <li>❖ Consultation with a nurse for help to navigate local resources and no cost NRT supports available in the community and provincially.</li> </ul>
<b>Couchiching Family Health Team (CFHT)</b> 119 Memorial Avenue Orillia, ON L3V 5X1 705-329-3649 ext. 218 <a href="http://www.cfht.ca">www.cfht.ca</a>	<ul style="list-style-type: none"> <li>❖ Available to clients of the CFHT.</li> <li>❖ STOP Program - See STOP entry below for more details.</li> </ul>
<b>CHIGAMIK Community Health Centre</b> 287 Bayshore Drive Midland, ON L4R 1L3 705-527-4154 <a href="http://www.chigamik.ca">www.chigamik.ca</a>	<ul style="list-style-type: none"> <li>❖ Open to all community members 16 years of age or older within the Simcoe Muskoka catchment area.</li> <li>❖ Chigamik Quit Café is an in-person smoking cessation support group.</li> <li>❖ STOP Program - See STOP entry below for more details.</li> </ul>
<b>Orillia Family Health Organization (OFHO)</b> 705-329-3649 ext. 207	<ul style="list-style-type: none"> <li>❖ Available to clients of the OFHO.</li> <li>❖ STOP Program - See STOP entry below for more details.</li> </ul>
<b>Huronian Nurse Practitioner-Led Clinic</b> 3331 Line 4 North Oro-Medonte, ON L0L 2L0 705-835-7545 <a href="http://www.huronianplc.ca">www.huronianplc.ca</a>	<ul style="list-style-type: none"> <li>❖ Available to registered clients of the clinic.</li> <li>❖ STOP Program - See STOP entry below for more details.</li> </ul>
<b>Rama Health Centre</b> 4142 Yellowhead Trail Rama, ON L3V 6H6 705-325-3611 ext. 1600	<ul style="list-style-type: none"> <li>❖ Available to band members and individuals living on the reserve.</li> <li>❖ STOP Program - See STOP entry below for more details.</li> </ul>
REGIONAL AND PROVINCIAL	
<b>Centre for Addiction and Mental Health (CAMH)</b> 1-800-463-2338 <a href="http://www.camh.ca">www.camh.ca</a>	<ul style="list-style-type: none"> <li>❖ Download My Change Plan Booklet <a href="https://www.nicotinedependenceclinic.com/en/teach/Documents/MyChangePlanEdition8.pdf">https://www.nicotinedependenceclinic.com/en/teach/Documents/MyChangePlanEdition8.pdf</a>.</li> <li>❖ Download the NDS Change Plan Phone App on <a href="#">Google Play</a> or the <a href="#">Apple Store</a> (from your iOS device).</li> </ul>
<b>Ottawa Model for Smoking Cessation Community Support</b> 1-888-645-5405 <a href="mailto:OMSC@OTTAWAHEART.CA">OMSC@OTTAWAHEART.CA</a>	<p><b><i>The Ottawa Model for Smoking Cessation Community Program</i></b></p> <ul style="list-style-type: none"> <li>❖ Open to residents 18 years or older, who cannot otherwise access cessation treatment and support.</li> <li>❖ Includes a telephone consult with a Nicotine Addiction Treatment Specialist and 6 weeks no cost NRT.</li> <li>❖ Monthly follow up with option for live counselling.</li> </ul>
<b>STOP: STOP Smoking Treatment for Ontario Patients</b> <a href="http://www.nicotinedependenceclinic.com/English/stop/">www.nicotinedependenceclinic.com/English/stop/</a>	<p><b><i>The STOP Program is available through participating Family Health Teams (FHTs), Community Health Centres (CHCs), Aboriginal Health Access Centres (AHACs), Nurse Practitioner-Led Clinics (NPLCs), Addiction Agencies (AAs) and Public Health Units in partnership with the Centre for Addiction and Mental Health (CAMH).</i></b></p> <ul style="list-style-type: none"> <li>❖ No-cost 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> <li>❖ Contact your health care provider if you are unsure if they belong to a participating organization.</li> </ul>
<b>STOP on the Net (SOTN) Online Research Program</b> <a href="http://www.nicotinedependenceclinic.com/en/stop/stop-on-the-net">www.nicotinedependenceclinic.com/en/stop/stop-on-the-net</a>	<p><b><i>STOP on the Net Online Research Program</i></b></p> <ul style="list-style-type: none"> <li>❖ Open to individuals 18 years and older across Ontario (NOTE: there are additional eligibility criteria).</li> <li>❖ The program provides 10 weeks of treatment including nicotine patches and gum or lozenges (participant's choice), delivered to the participant's address.</li> <li>❖ Note that participants that enroll in SOTN will NOT be eligible to enroll in any regular STOP program for 12 months following their enrollment date. Anyone enrolled in a regular STOP program will not be eligible to enroll in SOTN for 12 months following their enrollment date.</li> </ul>

<b>Health811</b> English website: <a href="http://www.Ontario.ca/Health811">www.Ontario.ca/Health811</a> French website: <a href="http://www.Ontario.ca/Sante811">www.Ontario.ca/Sante811</a> Call 811 or TTY 1-866-797-0007	<ul style="list-style-type: none"> <li>❖ Bilingual smoking cessation support (and additional real-time translation services that support over 300 languages) from a Quit Care Coach between 10 a.m. and 10 p.m. daily.</li> <li>❖ Access to Care Coach Assistants 24 hours a day, seven days a week.</li> </ul>
<b>Smokers' Helpline</b> <a href="http://www.smokershelpline.ca">www.smokershelpline.ca</a>	<ul style="list-style-type: none"> <li>❖ Available 24/7.</li> <li>❖ Online tools, email support, online support community, text messaging support available through <a href="http://smokershelpline.ca">smokershelpline.ca</a> and directly by texting iQuit to 123456, live chat by text.</li> </ul>
<b>Talk Tobacco</b> <a href="https://www.smokershelpline.ca/talktobacco/about">https://www.smokershelpline.ca/talktobacco/about</a> 1-833-998-8255 (TALK)	<b>Talk Tobacco</b> <ul style="list-style-type: none"> <li>❖ A free, confidential telephone service offering information about quitting smoking, vaping, and commercial tobacco use to Indigenous communities.</li> <li>❖ Interpreter services available in French and 16 Indigenous languages.</li> </ul>
<b>Smokers' Helpline Trial Offer</b> <a href="https://www.smokershelpline.ca/trial-pack/trial-offer">https://www.smokershelpline.ca/trial-pack/trial-offer</a>	<b>Smokers' Helpline Trial Offer</b> <ul style="list-style-type: none"> <li>❖ If you meet the eligibility and legal requirements, you may be sent 2 NICODERM® Step 1 patches (21 mg), 1 sleeve of 15 NICORETTE® Fresh Fruit Gums (4 mg), and a discount coupon for \$10 off the purchase of any two participating NICODERM® or NICORETTE® products (while quantities last).</li> <li>❖ For new SmokersHelpline.ca members: Register for your FREE SmokersHelpline.ca account and complete the Trial Offer order form when you register.</li> <li>❖ For existing members: Visit My Offers (you may be asked to login to your account).</li> </ul>
<b>Ontario Health Insurance Plan (OHIP+)</b> <a href="http://www.ontario.ca/page/learn-about-ohip-plus">www.ontario.ca/page/learn-about-ohip-plus</a>	<ul style="list-style-type: none"> <li>❖ Provides quit smoking help if you are not covered by a private plan: <ul style="list-style-type: none"> <li>• Up to a year of pharmacist-assisted counselling (talk to your pharmacist or health care provider).</li> <li>• No-cost smoking cessation drugs (Champix or Zyban) if you are age 18 - 24 years. All you need is an OHIP card and a prescription.</li> </ul> </li> </ul>
<b>Ontario Drug Benefit (ODB)</b> 1-866-811-9893 <a href="http://www.health.gov.on.ca/en/public/programs/drugs/programs/drugs/programs/odb/odb.aspx">www.health.gov.on.ca/en/public/programs/drugs/programs/drugs/programs/odb/odb.aspx</a>	<ul style="list-style-type: none"> <li>❖ Prescription cessation medications Champix and Zyban are no-cost.</li> </ul>
<b>Ontario Works (OW)</b> <a href="http://www.mcass.gov.on.ca/en/mcass/programs/social/ow/">www.mcass.gov.on.ca/en/mcass/programs/social/ow/</a> <b>Ontario Disability Support Program (ODSP)</b> <a href="http://www.mcass.gov.on.ca/en/mcass/programs/social/odsp/">www.mcass.gov.on.ca/en/mcass/programs/social/odsp/</a>	<ul style="list-style-type: none"> <li>❖ People receiving OW or ODSP should speak to their case worker to learn about eligibility for no-cost NRT and supports.</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 1-800-640-0642.</li> </ul>
<b>Trillium Drug Program (TDP)</b> <a href="http://www.health.gov.on.ca/en/public/programs/drugs/programs/odb/opdp_trillium.aspx">www.health.gov.on.ca/en/public/programs/drugs/programs/odb/opdp_trillium.aspx</a>	<ul style="list-style-type: none"> <li>❖ Prescription medication for smoking cessation and/or reducing may be covered for those enrolled.</li> </ul>
<b>OTHER</b>	
<b>Workplace Benefits</b>	<ul style="list-style-type: none"> <li>❖ Speak with your Health and Wellness or Human Resources contact about benefit plan coverage.</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> </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> </ul>

**Nicotine Replacement Therapy (NRT):**

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

**Prescription medication is also available from a Health Care Provider (doctor, nurse practitioner, pharmacist, and dentist):**

- Zyban also called Bupropion (the same as Wellbutrin).
- Champix also known as Varenicline.
- Eligible people can receive the prescription drugs at no-cost.