

## 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.

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 regarding local resources and 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 CAMH STOP workshops <a href="#">click here</a>, visit the health unit's website or call 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)</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. (call in advance)</li> <li>❖ No-cost 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>STOP on the Road: <a href="http://www.nicotinedependenceclinic.com/English/stop">www.nicotinedependenceclinic.com/English/stop</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 no-cost 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 more 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 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> </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><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>❖ Available by phone, internet, text, and self-help workbooks</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> <li>– Sunday 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> <li>– Text IQUIT to 123456</li> </ul> </li> <li>❖ Interpreter services available</li> </ul>
<p><b>Leave The Pack Behind</b> <a href="http://www.leavethepackbehind.org">www.leavethepackbehind.org</a></p>	<ul style="list-style-type: none"> <li>❖ 18-29 years of age</li> <li>❖ 8 weeks of no-cost NRT when supplies are available (patches and gum)</li> <li>❖ Order online</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>	❖ Prescription medications, Champix, and Zyban are no-cost with an ODB card ❖ ODB Pharmacy Cessation Counselling Program ❖ For more information, visit the <a href="#">ODB</a> website
<b>Ontario Works (OW)</b> <a href="http://www.mcscs.gov.on.ca/en/mcscs/programs/social/ow/">www.mcscs.gov.on.ca/en/mcscs/programs/social/ow/</a> <b>Ontario Disability Support Program (ODSP)</b> <a href="http://www.mcscs.gov.on.ca/en/mcscs/programs/social/odsp/">www.mcscs.gov.on.ca/en/mcscs/programs/social/odsp/</a>	❖ People receiving OW or ODSP should speak to their case worker to learn about programs and eligibility for no-cost nicotine replacement and supports ❖ For more details, visit the <a href="#">OW</a> or <a href="#">ODSP</a> website
<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>	❖ Eligible First Nations and Inuit persons have coverage for NRT and prescription medications ❖ Talk to your health care provider or contact 1-800-640-0642 ❖ For more information, visit the <a href="#">NIHB</a> website
<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>	❖ Prescription medication for smoking cessation and/or reducing may be covered for those enrolled ❖ For more information, visit the <a href="#">TDP</a> website
<b>OTHER</b>	
<b>Workplace Benefits</b>	❖ Understand what your benefit plan covers for NRT or prescription medication ❖ Speak with your Health and Wellness contact or Human Resources about NRT benefit plan coverage ❖ Ask for a support person in the workplace for quitting or reducing smoking
<b>Health Care Providers (HCP) or Hospitals</b>	❖ Talk to your HCP (i.e. doctors, pharmacists, social workers, addictions counsellors, chiropractors, massage therapists, physiotherapists, dental hygienists, dentists, nurses) about your tobacco use ❖ Ask your HCP what supports are available for those being admitted to hospital that want to reduce or quit smoking ❖ The Smoke-Free Ontario Act prohibits smoking on hospital property effective January 1, 2018
<b>Paying for your own NRT and prescription medications</b>	❖ Talk with your HCP and ask if prescription medications such as Champix or Zyban are right for you ❖ NRT is available in patch, gum, lozenge, inhaler, and spray ❖ Read all directions before use ❖ Always check expiry dates ❖ Generic and name brands are equally effective

**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:**

- 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 no-cost

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**\*Note: The information above is current as of March 2018.**

This form can be found at the following URL:

<http://www.simcoemuskohealth.org/Topics/Tobacco/ThinkingAboutQuitting/ReadytoTrytoQuit/STOPWorkshops.aspx>