

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.

MUSKOKA AND AREA

Organization	What they offer
Simcoe Muskoka District Health Unit (SMDHU) Health Connection 705-721-7520 or 1-877-721-7520 www.simcoemuskokahealth.org	<ul style="list-style-type: none"> ❖ Telephone counselling with a nurse regarding local resources and supports ❖ Registration for CAMH STOP on the Road workshops (see CAMH below for STOP with health units) ❖ For a list of all local CAMH STOP workshops click here, visit the health unit's website or call Health Connection
Algonquin Family Health Team (AFHT) <i>Howland Building</i> 100 Frank Miller Drive, Huntsville, ON P1H 1H7 705-787-0846 ext. 208 www.algonquinfht.ca	<ul style="list-style-type: none"> ❖ Available to clients of the AFHT ❖ CAMH STOP Program (see CAMH below for STOP with Family Health Teams)
Burk's Falls Family Health Team (BFFHT) 150 Huston Street, Burk's Falls, ON P0A 1C0 705-382-4022 www.almaguin-health.org	<ul style="list-style-type: none"> ❖ Available to clients of the BFFHT ❖ CAMH STOP Program (see CAMH below for STOP with Family Health Teams)
Cottage Country Family Health Team (CCFHT) <i>Archdekin Medical Clinic – 705-646-9045</i> 205 Hiram Street, Bracebridge, ON P1L 1T9 <hr/> <i>Bracebridge Medical Arts Centre – 705-645-2281</i> 253 James Street, Bracebridge, ON P1L 2C2 <hr/> <i>Gravenhurst Medical Clinic – 705-687-2794</i> 1-5 Pineridge Gate, Gravenhurst, ON P1P 1Z3 www.ccfht.ca	<ul style="list-style-type: none"> ❖ Available to clients of the CCFHT ❖ CAMH STOP Program (see CAMH below for STOP with Family Health Teams), support, and no-cost NRT ❖
North Muskoka Nurse Practitioner-Led Clinic 5 Centre St. North, Huntsville, ON P1H 2C1 705-224-6752 www.northmuskokanplc.com	<ul style="list-style-type: none"> ❖ Available to clients of the North Muskoka Nurse Practitioner-Led Clinic ❖ CAMH STOP Program (see CAMH below for STOP with Nurse Practitioner-Led Clinics), support, and no-cost NRT
Muskoka Community Health Hubs <i>Port Carling, Dorset, Wahta</i> <hr/> <i>Mobile Unit Servicing Severn Bridge, Port Sydney and Vankoughnet</i> https://www.muskoka.on.ca/en/community-and-social-services/Community-Health-Hubs.aspx	<ul style="list-style-type: none"> ❖ Available to clients of the Muskoka Community Health Hubs through their affiliated family health team. ❖ CAMH STOP Program (see CAMH below for STOP with Family Health Teams), support, and no-cost NRT
Canadian Mental Health Association (CMHA) <i>Muskoka – 705-645-2262</i> 202-173 Manitoba St., Bracebridge, ON P1L 1S3 <hr/> <i>Parry Sound – 705-746-4264</i> 26 James Street, Parry Sound, ON P2A 1T5 www.mps.cmha.ca	<ul style="list-style-type: none"> ❖ Reduction and quit support is available to clients of CMHA ❖ CAMH STOP Program (see CAMH below for STOP with Addiction Agencies)

REGIONAL AND PROVINCIAL

Centre for Addiction and Mental Health (CAMH) 1-800-463-2338 www.camh.ca STOP on the Road: www.nicotinedependenceclinic.com/English/stop/	<p><u>CAMH STOP Program (STOP on the Road) offered by health units:</u></p> <ul style="list-style-type: none"> ❖ 3 hour workshop offered in partnership with health units ❖ Eligible participants will attend an educational session and will receive 5 weeks of no-cost prepackaged NRT patch kits ❖ For local health unit workshops, must call to see if you qualify and to register ❖ Visit STOP on the Road for more details <p><u>CAMH STOP with Family Health Teams:</u></p> <ul style="list-style-type: none"> ❖ 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) ❖ Cessation counselling and support offered <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"> ❖ Contact a local organization to find out more information ❖ Contact your health care provider if you are unsure if they belong to a participating organization
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<p>Smokers' Helpline 1-877-513-5333 www.smokershelpline.ca</p>	<ul style="list-style-type: none"> ❖ Quit specialists provide counselling and support ❖ Available by phone, internet, text, and self-help workbooks ❖ Phone Support Hours: <ul style="list-style-type: none"> - Monday to Thursday from 8:00 a.m. to 9:00 p.m. - Friday from 8:00 a.m. to 6:00 p.m. - Saturday from 9:00 a.m. to 5:00 p.m. - Sunday from 9:00 a.m. to 5:00 p.m. ❖ Online and Text Support Hours: <ul style="list-style-type: none"> - 24/7 - Text IQUIT to 123456 ❖ Interpreter services available
<p>Leave The Pack Behind www.leavethepackbehind.org</p>	<ul style="list-style-type: none"> ❖ 18-29 years of age ❖ 8 weeks of no-cost NRT when supplies are available (patches and gum) ❖ Order online
<p>CHIGAMIK Community Health Centre 845 King Street Midland, ON L4R 0B7 705-527-4154 ext. 215 www.chigamik.ca</p>	<ul style="list-style-type: none"> ❖ Open to all community members 16 years of age or older within the Simcoe County region ❖ Weekly Quit Café – Thursdays from 10:00 a.m. to 11:30 a.m. ❖ No-cost NRT and support
<p>Ontario Drug Benefit (ODB) 1-866-811-9893 www.health.gov.on.ca/en/public/programs/drugs/programs/drugs/programs/odb/odb.aspx</p>	<ul style="list-style-type: none"> ❖ Prescription medications, Champix, and Zyban are no-cost with an ODB card ❖ ODB Pharmacy Cessation Counselling Program ❖ For more information, visit the ODB website
<p>Ontario Works (OW) www.mcscs.gov.on.ca/en/mcscs/programs/social/ow/ Ontario Disability Support Program (ODSP) www.mcscs.gov.on.ca/en/mcscs/programs/social/odsp/</p>	<ul style="list-style-type: none"> ❖ People receiving OW or ODSP should speak to their case worker to learn about programs and eligibility for no-cost NRT and supports ❖ For more details, visit the OW or ODSP website
<p>Non Insured Health Benefits (NIHB) for First Nations and Inuit www.hc-sc.gc.ca/fniah-spnia/nihb-ssna/index-eng.php</p>	<ul style="list-style-type: none"> ❖ 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 NIHB website
<p>Trillium Drug Program (TDP) www.health.gov.on.ca/en/public/programs/drugs/programs/odb/opdp_trillium.aspx</p>	<ul style="list-style-type: none"> ❖ Prescription medication for smoking cessation and/or reducing may be covered for those enrolled ❖ For more information, visit the TDP website
OTHER	
<p>Workplace Benefits</p>	<ul style="list-style-type: none"> ❖ 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
<p>Health Care Providers (HCP) or Hospitals</p>	<ul style="list-style-type: none"> ❖ 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
<p>Paying for your own NRT and prescription medications</p>	<ul style="list-style-type: none"> ❖ 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.simcoemuskokahealth.org/Topics/Tobacco/ThinkingAboutQuitting/ReadytoTrytoQuit/STOPWorkshops.aspx>