

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
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
Couchiching Family Health Team (CFHT) 119 Memorial Avenue, Orillia, ON L3V 5X1 705-329-3649 ext. 228 www.cfht.ca	<ul style="list-style-type: none"> ❖ Available to clients of the CFHT ❖ CAMH STOP Program (see CAMH below for STOP with Family Health Teams)
Orillia Family Health Organization (OFHO) 705-329-3649 ext. 228	<ul style="list-style-type: none"> ❖ Available to clients of the OFHO ❖ CAMH STOP Program (see CAMH below for STOP with Family Health Teams)
Huronian Nurse Practitioner-Led Clinic 3331 Line 4 North, Oro-Medonte, ON L0L 2L0 705-835-7545 www.huronianplc.ca	<ul style="list-style-type: none"> ❖ CAMH STOP Program (see CAMH below for STOP with Nurse Practitioner-Led Clinics) ❖ Must be a registered client ❖ Non-registered clients who have attended a STOP on the Road workshop can self-refer ❖ Offers "Quit Café Huronia" support group
Canadian Mental Health Association (CMHA) 76 Nottawasaga Street, Orillia, ON L3V 3J4 705-329-5846 www.cmhastarttalking.ca	<ul style="list-style-type: none"> ❖ Primary support is one-on-one counselling for clients involved in CMHA addiction services

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
Smokers' Helpline 1-877-513-5333 www.smokershelpline.ca	<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
Leave The Pack Behind www.leavethepackbehind.org	<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

CHIGAMIK Community Health Centre 845 King Street Midland, ON L4R 0B7 705-527-4154 ext. 215 www.chigamik.ca	<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
Ontario Drug Benefit (ODB) 1-866-811-9893 www.health.gov.on.ca/en/public/programs/drugs/programs/drugs/programs/odb/odb.aspx	<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
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/	<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
Non Insured Health Benefits (NIHB) for First Nations and Inuit www.hc-sc.gc.ca/fniah-spnia/nihb-ssna/index-eng.php	<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
Trillium Drug Program (TDP) www.health.gov.on.ca/en/public/programs/drugs/programs/odb/opdp_trillium.aspx	<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	
Workplace Benefits	<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
Health Care Providers (HCP) or Hospitals	<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
Paying for your own NRT and prescription medications	<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.simcoemuskokakealth.org/Topics/Tobacco/ThinkingAboutQuitting/ReadytoTrytoQuit/STOPWorkshops.aspx>