

## 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.

BARRIE 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>❖ 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 workshops, visit the health unit's website or call Health Connection</li> </ul>
<b>Barrie and Community Family Health Team (BCFHT)</b> 370 Bayview Drive, 3 <sup>rd</sup> Floor Barrie, ON L4N 7L3 705-737-9539 <a href="http://www.barriefht.ca">www.barriefht.ca</a>	<ul style="list-style-type: none"> <li>❖ Available to clients of the BCFHT, Family Medicine Teaching Unit, Health Links MVP Clinic, and Prenatal Well Baby Clinic</li> <li>❖ CAMH STOP Program (see CAMH below for STOP with Family Health Teams)</li> </ul>
<b>Barrie Community Health Centre (BCHC)</b> 490 Huronia Road Barrie, ON L4N 6M2 705-734-9690 <a href="http://www.bchc.ca">www.bchc.ca</a>	<ul style="list-style-type: none"> <li>❖ Available to clients of the BCHC</li> <li>❖ CAMH STOP Program (see CAMH below for STOP with Community Health Centres), support, and no-cost NRT</li> </ul>
<b>Barrie Native Friendship Centre</b> 175 Bayfield Street Barrie, ON L4M 3B4 705-721-7689 ext. 204 <a href="http://www.barrienfc.ca/">http://www.barrienfc.ca/</a>	<ul style="list-style-type: none"> <li>❖ Supports may be available – contact the centre for further 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>❖ CAMH STOP Program (see CAMH below for STOP with Nurse Practitioner-Led Clinics)</li> <li>❖ Must be a registered client</li> </ul>
<b>Georgian Nurse Practitioner-Led Clinic</b> 1 Georgian Drive, Suite M139 Barrie, ON L4M 3X9 705-722-1581 <a href="http://www.georgiannplc.ca/GNPLC">www.georgiannplc.ca/GNPLC</a>	<ul style="list-style-type: none"> <li>❖ CAMH STOP Program (see CAMH below for STOP with Nurse Practitioner-Led Clinics), support, and no-cost NRT</li> <li>❖ Available to registered clients of the clinic</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>  STOP on the Road: <a href="http://www.nicotinedependenceclinic.com/English/stop/">www.nicotinedependenceclinic.com/English/stop/</a>	<p><u>CAMH STOP Program (STOP on the Road) offered by health units:</u></p> <ul style="list-style-type: none"> <li>❖ Eligible participants attend an educational session and receive 5 weeks of no-cost prepackaged NRT patch kits</li> <li>❖ For local health unit workshops call to register</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>– Online available 24/7; text support available during office hours</li> <li>– Text IQUIT to 123456</li> </ul> </li> <li>❖ Interpreter services available</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 – Muskoka catchment area. Weekly Quit Café – Thursdays from 10:00 a.m. to 11:30 a.m.</li> <li>❖ No-cost NRT and support</li> </ul>
<p><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></p>	<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 years or older. All you need is an OHIP card and a prescription.</li> </ul> </li> </ul>
<p><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></p>	<ul style="list-style-type: none"> <li>❖ Prescription cessation medications Champix and Zyban are no-cost</li> </ul>
<p><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></p>	<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>
<p><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></p>	<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>
<p><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></p>	<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>	
<p><b>Workplace Benefits</b></p>	<ul style="list-style-type: none"> <li>❖ Speak with your Health and Wellness contact or Human Resources about prescription medication and/or NRT benefit plan coverage</li> </ul>
<p><b>Health Care Providers (HCP) or Hospitals</b></p>	<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>
<p><b>Paying for your own NRT and prescription medications</b></p>	<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:**

- 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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This form can be found at the following URL: <http://www.simcoemuskokahealth.org/Topics/Tobacco/Quitting>