

## 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
<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 CAMH STOP workshops, visit the health unit's website or call Health Connection</li> </ul>
<b>Algonquin Family Health Team (AFHT)</b> <i>Howland Building</i> 100 Frank Miller Drive, Huntsville, ON P1H 1H7 705-787-0846 ext. 208 <a href="http://www.algonquinfht.ca">www.algonquinfht.ca</a>	<ul style="list-style-type: none"> <li>❖ Available to clients of the AFHT</li> <li>❖ CAMH STOP Program (see CAMH below for STOP with Family Health Teams)</li> <li>❖ Available to non-rostered clients who have a primary care provider somewhere, as capacity allows</li> </ul>
<b>Burk's Falls Family Health Team (BFFHT)</b> 150 Huston Street, Burk's Falls, ON P0A 1C0 705-382-4022 <a href="http://www.almaquin-health.org">www.almaquin-health.org</a>	<ul style="list-style-type: none"> <li>❖ Available to clients of the BFFHT</li> <li>❖ CAMH STOP Program (see CAMH below for STOP with Family Health Teams)</li> </ul>
<b>Cottage Country Family Health Team (CCFHT)</b> <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 <a href="http://www.ccfht.ca">www.ccfht.ca</a>	<ul style="list-style-type: none"> <li>❖ Available to clients of the CCFHT</li> <li>❖ CAMH STOP Program (see CAMH below for STOP with Family Health Teams), support, and no-cost NRT</li> <li>❖ Available to any client enrolled in the Cardiac Rehab Healthy Heart and/or COPD program. Speak with the program facilitator.</li> </ul>
<b>North Muskoka Nurse Practitioner-Led Clinic</b> 5 Centre St. North, Huntsville, ON P1H 2C1 705-224-6752 <a href="http://www.northmuskokanplc.com">www.northmuskokanplc.com</a>	<ul style="list-style-type: none"> <li>❖ Available to clients of the North Muskoka Nurse Practitioner-Led Clinic</li> <li>❖ CAMH STOP Program (see CAMH below for STOP with Nurse Practitioner-Led Clinics), support, and no-cost NRT</li> <li>❖ Ottawa Model for Smoking Cessation Partner</li> </ul>
<b>Muskoka Community Health Hubs</b> <i>Port Carling, Dorset, Wahta</i> <hr/> <i>Mobile Unit Servicing Severn Bridge, Port Sydney and Vankoughnet</i> <a href="https://www.muskoka.on.ca/en/community-and-social-services/Community-Health-Hubs.aspx">https://www.muskoka.on.ca/en/community-and-social-services/Community-Health-Hubs.aspx</a>	<ul style="list-style-type: none"> <li>❖ Available to clients of the Muskoka Community Health Hubs through their affiliated Family Health Team.</li> <li>❖ CAMH STOP Program (see CAMH below for STOP with Family Health Teams), support, and no-cost NRT</li> </ul>
<b>Canadian Mental Health Association (CMHA)</b> <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 <a href="http://www.mps.cmha.ca">www.mps.cmha.ca</a>	<ul style="list-style-type: none"> <li>❖ Reduction and quit support is available to clients of CMHA</li> <li>❖ CAMH STOP Program (see CAMH below for STOP with Addiction Agencies)</li> </ul>
<b>West Parry Sound Health Centre Rural Nurse Practitioner Led Clinic</b> (Argyle, Britt, Moose Deer Point, Pointe Au Baril, Rosseau, Whitestone) <a href="https://www.wpsnc.com/nursingstations/">https://www.wpsnc.com/nursingstations/</a>	<ul style="list-style-type: none"> <li>❖ Available to clients of the West Parry Sound Health Centre Rural Nurse Practitioner Led Clinic</li> <li>❖ CAMH STOP Program (see CAMH below for STOP with Nurse Practitioner Led Clinic), support, and no-cost NRT</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>The STOP Program is also available through participating Community Health Centres (CHCs), Nurse Practitioner-Led Clinics (NPLCs), and Addiction Agencies (AAs)</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>