

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, 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. 207 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. 207	<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
Rama Health Centre 4142 Yellowhead Trail Rama, ON L3V 6H6 705-325-3611 ext. 1600	<ul style="list-style-type: none"> ❖ CAMH STOP Program - Available to band members and individuals living on the reserve. ❖ Individuals can receive up to 26 weeks of NRT and individual counselling

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"> ❖ Eligible participants attend an educational session and receive 5 weeks of no-cost prepackaged NRT patch kits ❖ For local health unit workshops call to register <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"> – Online available 24/7; text support available during office hours – Text IQUIT to 123456 ❖ Interpreter services available
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 – Muskoka catchment area. Weekly Quit Café – Thursdays from 10:00 a.m. to 11:30 a.m. ❖ No-cost NRT and support

Ontario Health Insurance Plan (OHIP+) www.ontario.ca/page/learn-about-ohip-plus	<ul style="list-style-type: none"> ❖ Provides quit smoking help if you are not covered by a private plan: <ul style="list-style-type: none"> – Up to a year of pharmacist-assisted counselling (talk to your pharmacist or health care provider). – 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.
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 cessation medications Champix and Zyban are no-cost
Ontario Works (OW) www.mcass.gov.on.ca/en/mcass/programs/social/ow/ Ontario Disability Support Program (ODSP) www.mcass.gov.on.ca/en/mcass/programs/social/odsp/	<ul style="list-style-type: none"> ❖ People receiving OW or ODSP should speak to their case worker to learn about eligibility for no-cost NRT and supports
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
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
OTHER	
Workplace Benefits	<ul style="list-style-type: none"> ❖ Speak with your Health and Wellness contact or Human Resources about prescription medication and/or NRT benefit plan coverage
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
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

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

Follow us at Tobacco-Free Chatter on [Facebook](#) and [Twitter](#)

