

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 NRT supports available in the community. ❖ Quit support with no cost NRT for anyone ineligible for other community supports or experiencing barriers to access. 18 years and older. ❖ STOP Smoking Treatment for Ontario Patients (STOP) Program. See STOP entry below for more details.
Couchiching Family Health Team (CFHT) 119 Memorial Avenue Orillia, ON L3V 5X1 705-329-3649 ext. 218 www.cfht.ca	<ul style="list-style-type: none"> ❖ Available to clients of the CFHT. ❖ STOP Program - See STOP entry below for more details.
CHIGAMIK Community Health Centre 287 Bayshore Drive Midland, ON L4R 1L3 705-527-4154 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. ❖ Chigamik Quit Café is an in-person smoking cessation support group. ❖ STOP Program - See STOP entry below for more details.
Orillia Family Health Organization (OFHO) 705-329-3649 ext. 207	<ul style="list-style-type: none"> ❖ Available to clients of the OFHO. ❖ STOP Program - See STOP entry below for more details.
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"> ❖ Available to registered clients of the clinic. ❖ STOP Program - See STOP entry below for more details.
Rama Health Centre 4142 Yellowhead Trail Rama, ON L3V 6H6 705-325-3611 ext. 1600	<ul style="list-style-type: none"> ❖ Available to band members and individuals living on the reserve. ❖ STOP Program - See STOP entry below for more details.
REGIONAL AND PROVINCIAL	
Centre for Addiction and Mental Health (CAMH) 1-800-463-2338 www.camh.ca	<ul style="list-style-type: none"> ❖ Download My Change Plan Booklet https://www.nicotinedependenceclinic.com/en/teach/Documents/MyChangePlanEdition8.pdf. ❖ Download the NDS Change Plan Phone App on Google Play or the Apple Store (from your iOS device).
Ottawa Model for Smoking Cessation Community Support 1-888-645-5405 OMSC@OTTAWAHEART.CA	<p><i>The Ottawa Model for Smoking Cessation Community Program</i></p> <ul style="list-style-type: none"> ❖ Open to residents 18 years or older, who cannot otherwise access cessation treatment and support. ❖ Includes a telephone consult with a Nicotine Addiction Treatment Specialist and 6 weeks no cost NRT. ❖ Monthly follow up with option for live counselling.
STOP: STOP Smoking Treatment for Ontario Patients www.nicotinedependenceclinic.com/English/stop/	<ul style="list-style-type: none"> ❖ <i>The STOP Program is available through participating Family Health Teams (FHTs), Community Health Centres (CHCs), Aboriginal Health Access Centres (AHACs), Nurse Practitioner-Led Clinics (NPLCs), Addiction Agencies (AAs) and Public Health Units in partnership with the Centre for Addiction and Mental Health (CAMH).</i> 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. ❖ Contact your health care provider if you are unsure if they belong to a participating organization.
STOP on the Net (SOTN) Online Research Program www.nicotinedependenceclinic.com/en/stop/stop-on-the-net	<p><i>STOP on the Net Online Research Program</i></p> <ul style="list-style-type: none"> ❖ Open to individuals 18 years and older across Ontario (NOTE: there are additional eligibility criteria). ❖ The program provides 10 weeks of treatment including nicotine patches and gum or lozenges (participant's choice), delivered to the participant's address. ❖ Note that participants that enroll in SOTN will NOT be eligible to enroll in any regular STOP program for 12 months following their enrollment date. Anyone enrolled in a regular STOP program will not be eligible to enroll in SOTN for 12 months following their enrollment date.

Health811 English website: www.Ontario.ca/Health811 French website: www.Ontario.ca/Sante811 Call 811 or TTY 1-866-797-0007	<ul style="list-style-type: none"> ❖ Bilingual smoking cessation support (and additional real-time translation services that support over 300 languages) from a Quit Care Coach between 10 a.m. and 10 p.m. daily. ❖ Access to Care Coach Assistants 24 hours a day, seven days a week.
Smokers' Helpline www.smokershelpline.ca	<ul style="list-style-type: none"> ❖ Available 24/7. ❖ Online tools, email support, online support community, text messaging support available through smokershelpline.ca and directly by texting iQuit to 123456, live chat by text.
Talk Tobacco https://www.smokershelpline.ca/talktobacco/about 1-833-998-8255 (TALK)	Talk Tobacco <ul style="list-style-type: none"> ❖ A free, confidential telephone service offering information about quitting smoking, vaping, and commercial tobacco use to Indigenous communities. ❖ Interpreter services available in French and 16 Indigenous languages.
Smokers' Helpline Trial Offer https://www.smokershelpline.ca/trial-pack/trial-offer	Smokers' Helpline Trial Offer <ul style="list-style-type: none"> ❖ If you meet the eligibility and legal requirements, you may be sent 2 NICODERM® Step 1 patches (21 mg), 1 sleeve of 15 NICORETTE® Fresh Fruit Gums (4 mg), and a discount coupon for \$10 off the purchase of any two participating NICODERM® or NICORETTE® products (while quantities last). ❖ For new SmokersHelpline.ca members: Register for your FREE SmokersHelpline.ca account and complete the Trial Offer order form when you register. ❖ For existing members: Visit My Offers (you may be asked to login to your account).
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 - 24 years. 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 or Human Resources contact about 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 from a Health Care Provider (doctor, nurse practitioner, pharmacist, and dentist):

- Zyban also called Bupropion (the same as Wellbutrin).
- Champix also known as Varenicline.
- Eligible people can receive the prescription drugs at no-cost.