

MUSKOKA 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.
Algonquin Family Health Team (AFHT) <i>Howland Building</i> 100 Frank Miller Drive, Huntsville, ON P1H 1H7 705-787-0846 ext. 208 www.algonquinfht.ca	<ul style="list-style-type: none"> ❖ Available to clients of the AFHT. ❖ Available to non-rostered clients with a referral from a primary care provider ❖ CAMH STOP Program (see CAMH below for STOP with Family Health Teams), support and no-cost NRT.
Burk's Falls Family Health Team (BFFHT) 150 Huston Street, Burk's Falls, ON P0A 1C0 705-382-4022 www.almaguin-health.org	<ul style="list-style-type: none"> ❖ Available to clients of the BFFHT. ❖ CAMH STOP Program (see CAMH below for STOP with Family Health Teams), support and no-cost NRT.
Cottage Country Family Health Team (CCFHT) <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 www.ccfht.ca	<ul style="list-style-type: none"> ❖ Available to clients of the CCFHT. ❖ Available to any client enrolled in the Cardiac Rehab Healthy Heart and/or COPD program. Speak with the program facilitator. ❖ CAMH STOP Program (see CAMH below for STOP with Family Health Teams), support, and no-cost NRT.
North Muskoka Nurse Practitioner-Led Clinic 5 Centre St. North, Huntsville, ON P1H 2C1 705-224-6752 www.northmuskokanplc.com	<ul style="list-style-type: none"> ❖ Available to clients of the North Muskoka Nurse Practitioner-Led Clinic. ❖ CAMH STOP Program (see CAMH below for STOP with Nurse Practitioner-Led Clinics), support, and no-cost NRT.
CHIGAMIK Community Health Centre 287 Bayshore Drive Midland, ON L4R 1L3 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. No-cost NRT and support.
Muskoka Community Health Hubs <i>Port Carling, Dorset, Wahta</i> <hr/> <i>Mobile Unit Servicing Severn Bridge, Port Sydney and Vankoughnet</i> https://www.muskoka.on.ca/en/community-and-social-services/Community-Health-Hubs.aspx	<ul style="list-style-type: none"> ❖ Available to clients of the Muskoka Community Health Hubs through their affiliated Family Health Team. ❖ CAMH STOP Program (see CAMH below for STOP with Family Health Teams), support, and no-cost NRT.
Canadian Mental Health Association (CMHA) <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 www.mps.cmha.ca	<ul style="list-style-type: none"> ❖ Available to clients of CMHA. ❖ CAMH STOP Program (see CAMH below for STOP with Addiction Agencies), support and no-cost NRT.
West Parry Sound Health Centre Rural Nurse Practitioner-Led Clinic (Argyle, Britt, Moose Deer Point, Pointe Au Baril, Rosseau, Whitestone) https://www.wpsnc.com/nursingstations/	<ul style="list-style-type: none"> ❖ Available to clients of the West Parry Sound Health Centre Rural Nurse Practitioner-Led Clinic. ❖ CAMH STOP Program (see CAMH below for STOP with Nurse Practitioner-Led Clinic), support, and no-cost NRT.
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 Program 1-888-645-5405 OMSC@OTTAWAHEART.CA	<p>The Ottawa Model for Smoking Cessation Community Program is:</p> <ul style="list-style-type: none"> ❖ Open to Ontario residents 18 years and 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 Smoking Treatment for Ontario Patients (STOP) www.nicotinedependenceclinic.com/English/stop/	<p>The STOP Program is available through participating Family Health Teams (FHTs), Community Health Centres (CHCs), Nurse Practitioner-Led Clinics (NPLCs), and Addiction Agencies (AAs)</p> <ul style="list-style-type: none"> ❖ 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.

<p>STOP on the Net (SOTN) Online Research Program www.nicotinedependenceclinic.com/en/stop/stop-on-the-net</p>	<p>STOP on the Net Online Research Program</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 8 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.
<p>Telehealth Ontario Smoking Cessation Program 1-866-797-0000</p>	<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.
<p>Smokers' Helpline www.smokershelpline.ca</p>	<p>Smokers' Helpline</p> <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.
<p>Talk Tobacco https://www.smokershelpline.ca/talktobacco/about 1-833-998-8255 (TALK)</p>	<p>Talk Tobacco</p> <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.
<p>Smokers' Helpline Trial Offer https://www.smokershelpline.ca/trial-pack/trial-offer</p>	<p>Smokers' Helpline Trial Offer</p> <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).
<p>Ontario Health Insurance Plan (OHIP+) www.ontario.ca/page/learn-about-ohip-plus</p>	<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.
<p>Ontario Drug Benefit (ODB) 1-866-811-9893 www.health.gov.on.ca/en/public/programs/drugs/programs/drugs/programs/odb/odb.aspx</p>	<ul style="list-style-type: none"> ❖ Prescription cessation medications Champix and Zyban are no-cost.
<p>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/</p>	<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.
<p>Non-Insured Health Benefits (NIHB) for First Nations and Inuit www.hc-sc.gc.ca/fniah-spnia/nihb-ssna/index-eng.php</p>	<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.
<p>Trillium Drug Program (TDP) www.health.gov.on.ca/en/public/programs/drugs/programs/odb/opdp_trillium.aspx</p>	<ul style="list-style-type: none"> ❖ Prescription medication for smoking cessation and/or reducing may be covered for those enrolled.
OTHER	
<p>Workplace Benefits</p>	<ul style="list-style-type: none"> ❖ Speak with your Health and Wellness or Human Resources contact about benefit plan coverage.
<p>Health Care Providers (HCP) or Hospitals</p>	<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.
<p>Paying for your own NRT and prescription medications</p>	<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.

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Updated: October 2022

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