

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
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
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 ❖ CAMH STOP Program (see CAMH below for STOP with Family Health Teams) ❖ Available to non-rostered clients who have a primary care provider somewhere, as capacity allows
Burk's Falls Family Health Team (BFFHT) 150 Huston Street, Burk's Falls, ON P0A 1C0 705-382-4022 www.almaquin-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)
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 ❖ CAMH STOP Program (see CAMH below for STOP with Family Health Teams), support, and no-cost NRT ❖ Available to any client enrolled in the Cardiac Rehab Healthy Heart and/or COPD program. Speak with the program facilitator.
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 ❖ Ottawa Model for Smoking Cessation Partner
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"> ❖ Reduction and quit support is available to clients of CMHA ❖ CAMH STOP Program (see CAMH below for STOP with Addiction Agencies)
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 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><i>The STOP Program is also available through participating Community Health Centres (CHCs), Nurse Practitioner-Led Clinics (NPLCs), and Addiction Agencies (AAs)</i></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

	<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)
Telehealth Ontario Smoking Cessation Program 1-866-797-0000	<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 10am and 10pm 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
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/OntarioDisabilitySupportProgram(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

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