

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>CAMH STOP Program (STOP on the Road) offered by health units:</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>CAMH STOP with Family Health Teams:</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>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"> ❖ 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 ❖ 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.mcscs.gov.on.ca/en/mcscs/programs/social/ow/ Ontario Disability Support Program (ODSP) www.mcscs.gov.on.ca/en/mcscs/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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