

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.

SOUTH SIMCOE AND AREA	
Organization	What they offer
<p>Simcoe Muskoka District Health Unit (SMDHU) Health Connection 705-721-7520 or 1-877-721-7520 www.simcoemuskokahealth.org</p>	<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
<p>Alliston Family Health Team (AFHT) 36 Victoria St. West Alliston, ON L9R 1V5 705-435-8887 www.en.docvadis.ca/allistonfht/index.html</p>	<ul style="list-style-type: none"> ❖ Available to clients of the AFHT ❖ CAMH STOP Program (see CAMH below for STOP with Family Health Teams)
REGIONAL AND PROVINCIAL	
<p>Centre for Addiction and Mental Health (CAMH) 1-800-463-2338 www.camh.ca</p> <p>STOP on the Road: www.nicotinedependenceclinic.com/English/stop/</p>	<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><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 ❖ 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)
<p>Telehealth Ontario Smoking Cessation Program 1-866-797-0000</p>	<ul style="list-style-type: none"> ❖ <i>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</i> ❖ <i>Access to Care Coach Assistants 24 hours a day, seven days a week</i>
<p>Smokers' Helpline www.smokershelpline.ca</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>CHIGAMIK Community Health Centre 845 King Street Midland, ON L4R 0B7 705-527-4154 ext. 215 www.chigamik.ca</p>	<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
<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.

Ontario Drug Benefit (ODB) 1-866-811-9893 www.health.gov.on.ca/en/public/programs/drugs/programs/drugs/programs/odb/odb.aspx	❖ 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/	❖ 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	❖ 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	❖ Prescription medication for smoking cessation and/or reducing may be covered for those enrolled
OTHER	
Workplace Benefits	❖ 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	❖ 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	❖ 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](#)

