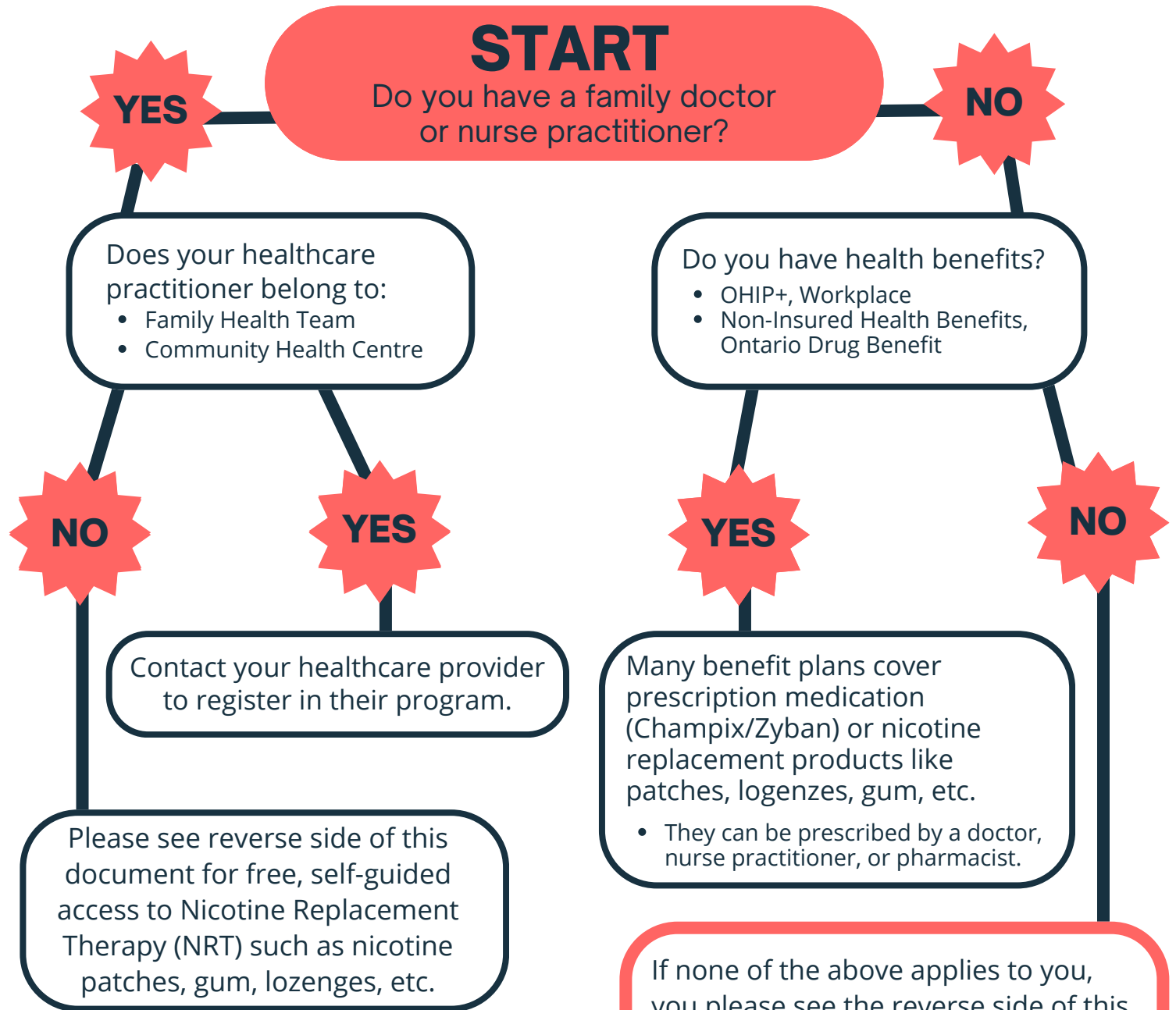




Grey Bruce  
Public Health

# How can I access FREE Quit Smoking and Vaping Support in Grey Bruce?

## WHAT YOU NEED TO KNOW



### General Self-Help Materials:

#### Don't Quit Quitting:

- [www.DontQuitQuitting.ca](http://www.DontQuitQuitting.ca)

#### Smoker's Helpline:

- [www.SmokersHelpLine.ca](http://www.SmokersHelpLine.ca) or text iQuit to 123456

#### Talk Tobacco:

- [www.TalkTobacco.ca](http://www.TalkTobacco.ca) or 1 833 998 TALK (8255)

#### Lung Health Foundation:

- call 1-888-344-LUNG (5864)

#### 24/7 phone support:

- call 811 or 1-866-797-0000

Grey Bruce Public Health's website also contains information on where to access quitting supports.

<https://www.publichealthgreybruce.on.ca/Your-Health/Smoke-and-Vape-Free-Living>

# Free Quit Supports in Grey Bruce

Use the questionnaire on the reverse side to determine who you should contact.

## Family Health Teams offering the **STOP** Program

Family Health Team	<18	Pregnant/ Breastfeeding	Vaping	Contact
Brockton and Area FHT*	18+	✓	✓	519-363-3119 (Chesley) 519-369-3007 (Durham) 519-507-2021 (Walkerton)
Hanover FHT*	16+	✓	✓	519-506-4348
North Perth FHT	✓	✓	✓	519-357-3930 (Wingham) 519-291-4200 (Listowel)
Owen Sound FHT	✓	✓	✓	519-470-3030 ext. 103
Sauble FHT	18+	✓	✓	519-422-1321

\*Will see non-rostered patients as well.

**Note:** Peninsula and Kincardine FHTs do not offer the STOP Program at this time but individual HCPs may prescribe NRT. Coverage will depend on your benefits.

### South East Grey Community Health Centre

- Non-rostered clients with referral only
- Can support off-label use
- **519-986-2222**

### Grey Bruce Public Health

- Quit supports offered to Secondary Students through School Health Centres: **text 519-375-2006 or call 519 376-9420 ext 3110**
- HBHC program clients speak with your Public Health Nurse.

### Southwest Ontario Aboriginal Health Access Centre

- Clients rostered with SOAHAC primary care
- Off-label use considered on a case-by-case basis
- **519-376-5508**

## Free Self-Guided Quit Programs

### Centre of Addiction and Mental Health (CAMH) - *STOP on the Net*



10-weeks of NRT mailed to your door.  
Visit [www.StopOnTheNet.ca](http://www.StopOnTheNet.ca)



### Ottawa Model for Smoking Cessation

6-weeks of NRT mailed to your door.  
Leave a message at 1-888-645-5405 to enroll