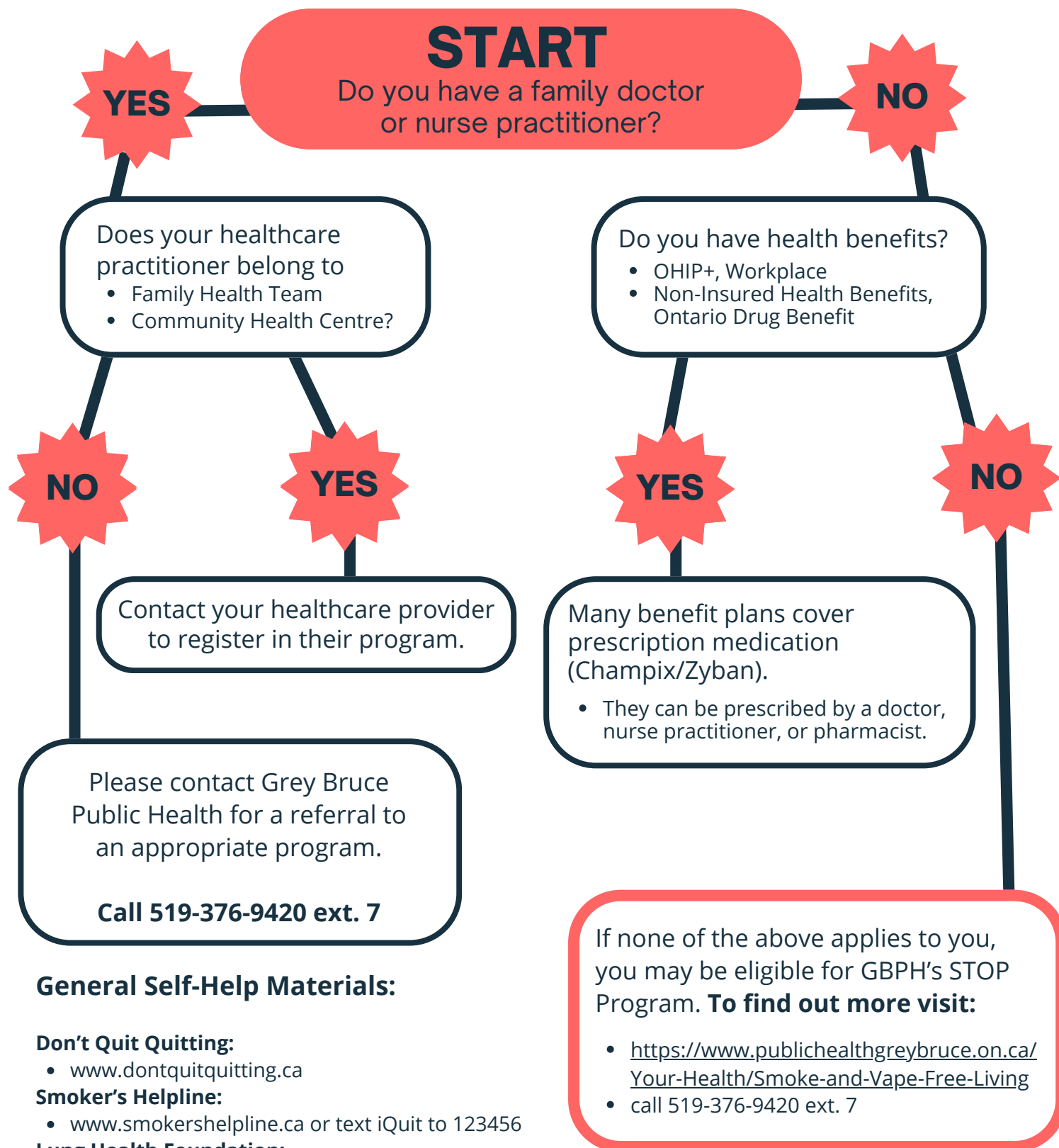


How can I access FREE Quit Smoking and Vaping Support in Grey Bruce?

WHAT YOU NEED TO KNOW



General Self-Help Materials:

Don't Quit Quitting:

- www.dontquitquitting.ca

Smoker's Helpline:

- www.smokershelpline.ca or text iQuit to 123456

Lung Health Foundation:

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

24/7 phone support:

- call 811 or 1-866-797-0000

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

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 NicotineDependenceClinic.com



Ottawa Model for Smoking Cessation

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