

## Help to Quit Smoking and Vaping

MIDLAND AND AREA	
Organization	What they offer
<b>Simcoe Muskoka District Health Unit (SMDHU)</b> 705-721-7520 or 1-877-721-7520 <a href="http://www.simcoemuskokahealth.org">www.simcoemuskokahealth.org</a>	<ul style="list-style-type: none"> <li>❖ Available Simcoe Muskoka community and provincial resources are listed below. For additional information or assistance call 811.</li> </ul>
<b>CHIGAMIK Community Health Centre</b> 287 Bayshore Drive Midland, ON L4R 1L3 705-527-4154 ext. 7247 <a href="http://www.chigamik.ca">www.chigamik.ca</a>	<ul style="list-style-type: none"> <li>❖ Open to all community members 16 years of age or older within the Simcoe-Muskoka catchment area. 12-16 years of age with parental consent.</li> <li>❖ Chigamik Quit Café is an in-person smoking/vaping cessation support group.</li> <li>❖ No registration required. Thursdays only 10:00 - 11:00.</li> <li>❖ STOP Program - See STOP entry below for more details.</li> </ul>
<b>North Simcoe Family Health Team (NSFHT)</b> 619 Prospect Blvd., Suite 3, Midland, ON L4R 0G3 705-526-7804 ext. 219 <a href="http://www.nsfht.ca">www.nsfht.ca</a>	<ul style="list-style-type: none"> <li>❖ Available to registered clients of the NSFHT.</li> <li>❖ Available to any community member from the local catchment area (Tiny, Tay, Elmvale, Moonstone, Midland, Penetanguishene, Victoria Harbour).</li> <li>❖ STOP Program - See STOP entry below for more details.</li> </ul>
PROVINCIAL	
<b>Centre for Addiction and Mental Health (CAMH)</b> 1-800-463-2338 <a href="http://www.camh.ca">www.camh.ca</a>	<ul style="list-style-type: none"> <li>❖ Download My Change Plan Booklet <a href="https://www.nicotinedependenceclinic.com/en/teach/Documents/MyChangePlanEdition8.pdf">https://www.nicotinedependenceclinic.com/en/teach/Documents/MyChangePlanEdition8.pdf</a>.</li> <li>❖ Download the NDS Change Plan Phone App on <a href="#">Google Play</a> or the <a href="#">Apple Store</a> (from your iOS device).</li> </ul>
<b>Ottawa Model for Smoking Cessation Community Support</b> 1-888-645-5405 <a href="mailto:OMSC@OTTAWAHEART.CA">OMSC@OTTAWAHEART.CA</a>	<ul style="list-style-type: none"> <li>❖ Open to residents 18 years or older.</li> <li>❖ Includes a telephone consult with a Nicotine Addiction Treatment Specialist and 6 weeks no cost Nicotine Replacement Therapy.</li> <li>❖ Monthly follow up with option for live counselling.</li> </ul>
<b>STOP: STOP Smoking Treatment for Ontario Patients</b> <a href="http://www.nicotinedependenceclinic.com/English/stop/">www.nicotinedependenceclinic.com/English/stop/</a>	<ul style="list-style-type: none"> <li>❖ Available through participating health care providers in partnership with the Centre for Addiction and Mental Health.</li> <li>❖ No-cost Nicotine Replacement Therapy and cessation counselling is available to enrolled participants.</li> </ul>
<b>STOP on the Net (SOTN) Online Research Program</b> <a href="http://www.nicotinedependenceclinic.com/en/stop/stop-on-the-net">www.nicotinedependenceclinic.com/en/stop/stop-on-the-net</a>	<ul style="list-style-type: none"> <li>❖ Available to eligible individuals 18 years and older.</li> <li>❖ The program provides 10 weeks of treatment including nicotine patches and gum or lozenges (participant's choice), delivered to the participant's address.</li> <li>❖ Participants that enroll in SOTN will NOT be eligible to enroll in any regular STOP program for 6 months following their enrollment date. Anyone enrolled in a regular STOP program will not be eligible to enroll in SOTN for 12 months following their enrollment date.</li> </ul>
<b>Health811</b> English website: <a href="http://www.Ontario.ca/Health811">www.Ontario.ca/Health811</a> French website: <a href="http://www.Ontario.ca/Sante811">www.Ontario.ca/Sante811</a> Call 811 or TTY 1-866-797-0007	<ul style="list-style-type: none"> <li>❖ Smoking cessation support and translation services that support over 300 languages.</li> <li>❖ Quit Care Coach between 10 a.m. and 10 p.m. daily.</li> <li>❖ Access to Care Coach Assistants 24 hours a day, seven days a week.</li> </ul>
<b>Smokers' Helpline</b> <a href="http://www.smokershelpline.ca">www.smokershelpline.ca</a>	<ul style="list-style-type: none"> <li>❖ Online tools, email, and text messaging, live chat by text available through smokershelpline.ca and directly by texting iQuit to 123456.</li> <li>❖ Available 24/7.</li> </ul>
<b>Smokers' Helpline Trial Offer</b> <a href="https://www.smokershelpline.ca/trial-pack/trial-offer">https://www.smokershelpline.ca/trial-pack/trial-offer</a>	<ul style="list-style-type: none"> <li>❖ Eligible participants may be sent 2 NICODERM® Step 1 patches, 15 NICORETTE® Gums (4 mg), and a discount coupon for \$10.</li> </ul>
<b>Talk Tobacco</b> <a href="https://www.smokershelpline.ca/talktobacco/about">https://www.smokershelpline.ca/talktobacco/about</a> 1-833-998-8255 (TALK)	<ul style="list-style-type: none"> <li>❖ A free, confidential telephone service offering information about quitting smoking, vaping, and commercial tobacco use to Indigenous communities.</li> <li>❖ Interpreter services available in Indigenous languages.</li> </ul>

<p><b>Expand Project</b>  <a href="https://www.expandproject.ca/s/nrt-page?language=en_US">https://www.expandproject.ca/s/nrt-page?language=en_US</a></p>	<ul style="list-style-type: none"> <li>❖ Available to Queer and Trans young people 18-24 years.</li> <li>❖ 4-week trial pack of Nicotine Replacement Therapy mailed to client address.</li> <li>❖ On-line chat with a quit coach.</li> </ul>
<p><b>Ontario Health Insurance Plan (OHIP+)</b>  <a href="http://www.ontario.ca/page/learn-about-ohip-plus">www.ontario.ca/page/learn-about-ohip-plus</a></p>	<ul style="list-style-type: none"> <li>❖ Provides quit smoking help if you are not covered by a private plan: <ul style="list-style-type: none"> <li>• Up to a year of pharmacist-assisted counselling.</li> <li>• No-cost smoking cessation medications (Champix or Zyban) for those 18-24 years.</li> <li>• OHIP card and a prescription are needed.</li> </ul> </li> </ul>
<p><b>Ontario Drug Benefit (ODB)</b>  1-866-811-9893  <a href="http://www.health.gov.on.ca/en/public/programs/drugs/programs/drugs/programs/odb/odb.aspx">www.health.gov.on.ca/en/public/programs/drugs/programs/drugs/programs/odb/odb.aspx</a></p>	<ul style="list-style-type: none"> <li>❖ No-cost prescription cessation medications Champix and Zyban.</li> </ul>
<p><b>Ontario Works (OW)</b>  <a href="http://www.mcass.gov.on.ca/en/mcass/programs/social/ow/">www.mcass.gov.on.ca/en/mcass/programs/social/ow/</a>  <b>Ontario Disability Support Program (ODSP)</b>  <a href="http://www.mcass.gov.on.ca/en/mcass/programs/social/odsp/">www.mcass.gov.on.ca/en/mcass/programs/social/odsp/</a></p>	<ul style="list-style-type: none"> <li>❖ People receiving OW or ODSP should speak to their case worker to learn about eligibility for no-cost Nicotine Replacement Therapy.</li> </ul>
<p><b>Non-Insured Health Benefits (NIHB) for First Nations and Inuit</b>  <a href="http://www.hc-sc.gc.ca/fniah-spnia/nihb-ssna/index-eng.php">www.hc-sc.gc.ca/fniah-spnia/nihb-ssna/index-eng.php</a></p>	<ul style="list-style-type: none"> <li>❖ Eligible First Nations and Inuit persons have coverage for Nicotine Replacement Therapy and prescription medications.</li> <li>❖ Talk to your health care provider or contact 1-800-640-0642.</li> </ul>
<p><b>Trillium Drug Program (TDP)</b>  <a href="http://www.health.gov.on.ca/en/public/programs/drugs/programs/odb/opdp_trillium.aspx">www.health.gov.on.ca/en/public/programs/drugs/programs/odb/opdp_trillium.aspx</a></p>	<ul style="list-style-type: none"> <li>❖ Prescription medication for smoking cessation may be covered for those enrolled.</li> </ul>
<p><b>Workplace Benefits</b></p>	<ul style="list-style-type: none"> <li>❖ Check benefit plan coverage.</li> </ul>
<b>Additional Resources</b>	
<p><b>Don't Quit Quitting</b>  <a href="https://dontquitquitting.ca/about-us/">https://dontquitquitting.ca/about-us/</a></p>	<ul style="list-style-type: none"> <li>❖ Find tips, tricks, and facts to guide you through your quit journey</li> </ul>
<p><b>QUASH</b>  <a href="http://www.quashapp.com">http://www.quashapp.com</a></p>	<ul style="list-style-type: none"> <li>❖ A judgement-free app to help young people quit smoking or vaping.</li> <li>❖ Available FREE on the App Store and Google Play.</li> </ul>
<p><b>Health Canada Quit Smoking</b>  <a href="https://www.canada.ca/en/health-canada/campaigns/quit-smoking.html?utm_campaign=tools-smoke-free-life&amp;utm_medium=vanity-url&amp;utm_source=canada-ca_quitsmoking">https://www.canada.ca/en/health-canada/campaigns/quit-smoking.html?utm_campaign=tools-smoke-free-life&amp;utm_medium=vanity-url&amp;utm_source=canada-ca_quitsmoking</a></p>	<ul style="list-style-type: none"> <li>❖ Find a variety of resources to help both youth and adults quit smoking or vaping.</li> </ul>