

Help to Quit Smoking and Vaping

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 consultation with a nurse for help to find quit supports and no cost Nicotine Replacement Therapy for which the caller is eligible.
Couchiching Family Health Team (CFHT) 119 Memorial Avenue Orillia, ON L3V 5X1 705-329-3649 ext. 218 www.cfht.ca	<ul style="list-style-type: none"> ❖ Available to registered clients of the CFHT. ❖ STOP Program - See STOP entry below for more details.
CHIGAMIK Community Health Centre 287 Bayshore Drive Midland, ON L4R 1L3 705-527-4154 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. 12-16 years of age with parental consent. ❖ Chigamik Quit Café is an in-person smoking/vaping cessation support group. ❖ No registration required. Thursdays only 10:00 - 11:00. ❖ STOP Program - See STOP entry below for more details.
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"> ❖ Available to registered clients of the clinic. ❖ STOP Program - See STOP entry below for more details.
Rama Health Centre 6036 Rama Rd, 2 nd Fl, Rama, ON, L3V 6H6 705-325-3611 ext. 1601 https://www.ramafirstnation.ca/rama-health/	<ul style="list-style-type: none"> ❖ Available to band members and individuals living on the reserve. ❖ STOP Program - See STOP entry below for more details.
REGIONAL AND PROVINCIAL	
Centre for Addiction and Mental Health (CAMH) 1-800-463-2338 www.camh.ca	<ul style="list-style-type: none"> ❖ 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).
Ottawa Model for Smoking Cessation Community Support 1-888-645-5405 OMSC@OTTAWAHEART.CA	<ul style="list-style-type: none"> ❖ Open to residents 18 years or older. ❖ Includes a telephone consult with a Nicotine Addiction Treatment Specialist and 6 weeks no cost Nicotine Replacement Therapy. ❖ Monthly follow up with option for live counselling.
STOP: STOP Smoking Treatment for Ontario Patients www.nicotinedependenceclinic.com/English/stop/	<ul style="list-style-type: none"> ❖ Available through participating health care providers in partnership with the Centre for Addiction and Mental Health. ❖ No-cost Nicotine Replacement Therapy and cessation counselling is available to enrolled participants.
STOP on the Net (SOTN) Online Research Program www.nicotinedependenceclinic.com/en/stop/stop-on-the-net	<ul style="list-style-type: none"> ❖ Available to eligible individuals 18 years and older. ❖ The program provides 10 weeks of treatment including nicotine patches and gum or lozenges (participant's choice), delivered to the participant's address. ❖ 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.
Health811 English website: www.Ontario.ca/Health811 French website: www.Ontario.ca/Sante811 Call 811 or TTY 1-866-797-0007	<ul style="list-style-type: none"> ❖ Smoking cessation support and translation services that support over 300 languages. ❖ Quit Care Coach between 10 a.m. and 10 p.m. 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"> ❖ Online tools, email, and text messaging, live chat by text available through smokershelpline.ca and directly by texting iQuit to 123456. ❖ Available 24/7.

Smokers' Helpline Trial Offer https://www.smokershelpline.ca/trial-pack/trial-offer	<ul style="list-style-type: none"> ❖ Eligible participants may be sent 2 NICODERM® Step 1 patches, 15 NICORETTE® Gums (4 mg), and a discount coupon for \$10.
Talk Tobacco https://www.smokershelpline.ca/talktobacco/about 1-833-998-8255 (TALK)	<ul style="list-style-type: none"> ❖ A free, confidential telephone service offering information about quitting smoking, vaping, and commercial tobacco use to Indigenous communities. ❖ Interpreter services available in Indigenous languages.
Expand Project https://www.expandproject.ca/s/nrt-page?language=en_US	<ul style="list-style-type: none"> ❖ Available to Queer and Trans young people 18-24 years. ❖ 4-week trial pack of Nicotine Replacement Therapy mailed to client address. ❖ On-line chat with a quit coach.
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. • No-cost smoking cessation medications (Champix or Zyban) for those 18-24 years. • OHIP card and a prescription are needed.
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"> ❖ No-cost prescription cessation medications Champix and Zyban.
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/	<ul style="list-style-type: none"> ❖ People receiving OW or ODSP should speak to their case worker to learn about eligibility for no-cost Nicotine Replacement Therapy.
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 Nicotine Replacement Therapy 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 may be covered for those enrolled.
Workplace Benefits	<ul style="list-style-type: none"> ❖ Check benefit plan coverage.
Additional Resources	
Don't Quit Quitting https://dontquitquitting.ca/about-us/	<ul style="list-style-type: none"> ❖ Find tips, tricks, and facts to guide you through your quit journey
QUASH http://www.quashapp.com	<ul style="list-style-type: none"> ❖ A judgement-free app to help young people quit smoking or vaping. ❖ Available FREE on the App Store and Google Play.
The Center for Addiction and Mental Health (CAMH): Pregnets https://intrepidlab.ca/en/pregnets	<ul style="list-style-type: none"> ❖ Provides a variety of resources to support you through your pregnancy. ❖ The Nicotine Dependence Clinic (416-535-8501) will provide you with your own personalized treatment plan to support your quit journey.
Health Canada Quit Smoking https://www.canada.ca/en/health-canada/campaigns/quit-smoking.html?utm_campaign=tools-smoke-free-life&utm_medium=vanity-url&utm_source=canada-ca_quitsmoking	<ul style="list-style-type: none"> ❖ Find a variety of resources to help both youth and adults quit smoking or vaping.