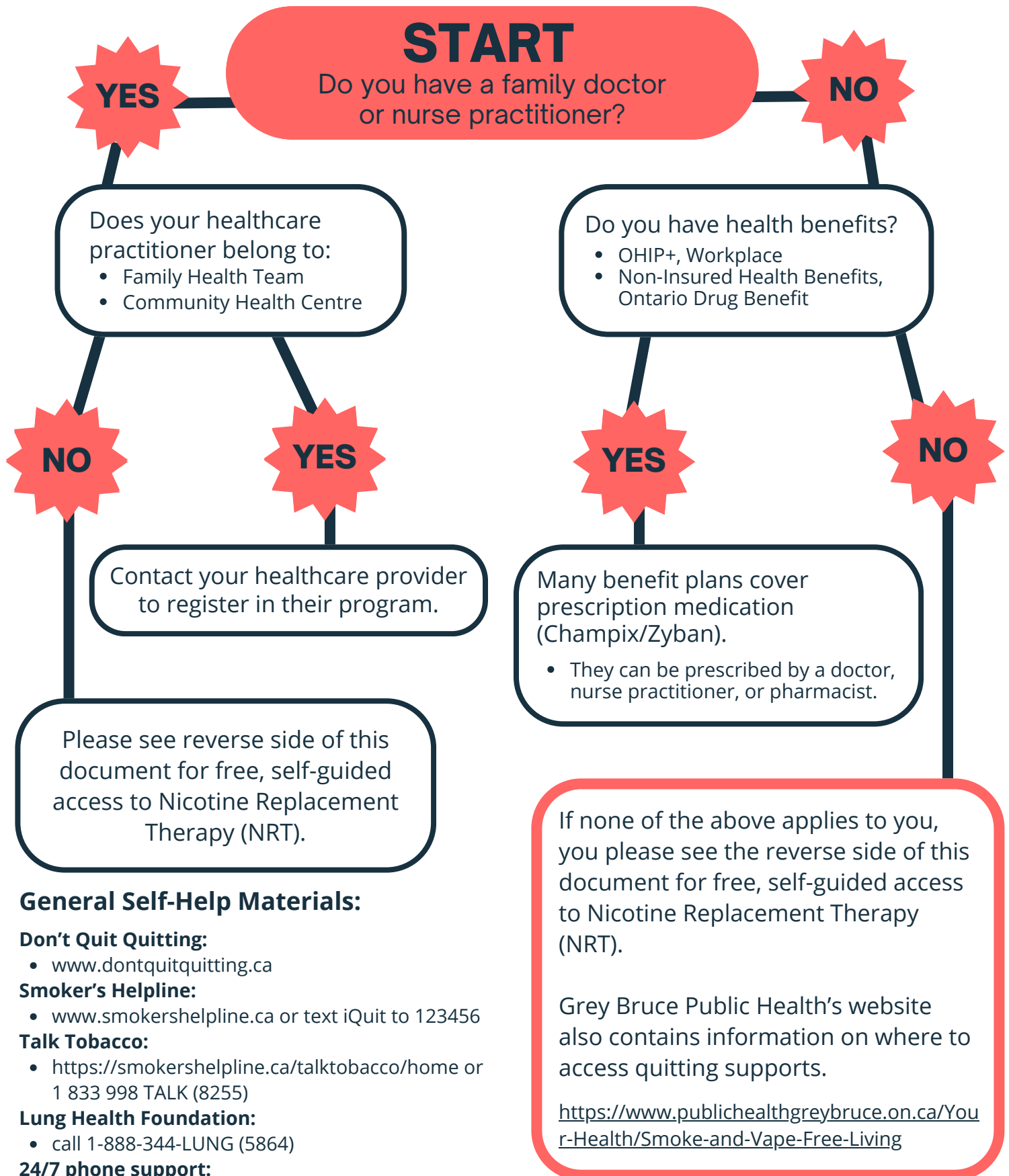


# How can I access FREE Quit Smoking and Vaping Support in Grey Bruce?

## 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:

- <https://smokershelpline.ca/talktobacco/home> 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

# 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](http://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