

# You can be smoke-free!



## Smokers' Helpline

Find online support, forums, tools and contests to help you quit at [smokershelpline.ca](http://smokershelpline.ca), or receive support on the go by **texting "iQuit"** to the number **123456**.

## Talk Tobacco

Support for First Nation, Inuit, Métis and urban Indigenous people who are looking to reduce/quit using commercial tobacco and vape products. Call **1.833.998.8255** (TALK) or for more info visit [talktobacco.ca](http://talktobacco.ca)

## STOP on the Net

You can receive 10 weeks of free nicotine patches and gum/lozenges mailed to your door by signing up for this online program from the Centre for Addiction and Mental Health at [stoponthenet.com](http://stoponthenet.com).

## Health811

Call **811** to speak to a CareCoach who is ready to help you plan to quit, stay quit, reduce or get through a difficult time.

## Ottawa Model for Smoking Cessation

Call **1.888.645.5405** to receive support to help you quit smoking and 6 weeks worth of free nicotine replacement therapy in the mail.

## Family Physician and Pharmacist

Contact your family physician or pharmacist to learn more about medications to help you quit. Pharmacist may be able to provide counselling and prescribe Champix and Zyban.

## Ontario Drug Benefits (ODB)

You can receive 12 weeks of Champix or Zyban at no cost each year.

## Health Benefits or Group Insurance

Find out if smoking cessation medication is covered.

To learn more about these programs and services, contact the North Bay Parry Sound District Health Unit.

 **1.800.563.2808**  
[myhealthunit.ca](http://myhealthunit.ca)

North Bay Parry Sound District  
**Health Unit**  
  
**Bureau de santé**  
du district de North Bay-Parry Sound

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Clients can get free quit smoking support and/or nicotine replacement therapy from:

## Nipissing District

North Bay Nurse Practitioner-Led Clinic  
705.478.7671

Blue Sky Family Health Team  
705.475.0500

West Nipissing Family Health Team  
705.753.5775

West Nipissing Community Health Centre  
705.753.0151

## Parry Sound District

Burk's Falls Family Health Team  
705.382.4020

Medical Associates – Parry Sound  
705.746.9382

Parry Sound Family Health Team  
705.746.2181

Powassan & Area Family Health Team  
705.724.1020



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