



# PREPARING TO QUIT SMOKING

**WHETHER YOU'RE PLANNING TO QUIT, OR YOU HAVE QUIT...**

**...WE'RE HERE TO HELP YOU**

## **ALGOMA PUBLIC HEALTH**

294 Willow Ave., Sault Ste. Marie, ON

[www.algomapublichealth.com](http://www.algomapublichealth.com)

- Provides self help resources, Smoker's Helpline fax back referral service and a smoking cessation clinic service that helps you take an in depth look at your smoking history, patterns and triggers, develop a quit plan and work with a quit coach as you progress towards becoming and remaining smoke-free.

**To access resources or to book appointments call 705-942-4646 ext. 3057**

## **SUPERIOR FAMILY HEALTH TEAM**

Unit 48 - 44 Great Northern Road, Sault Ste. Marie, ON

- This program is available for individuals who have a family physician or nurse practitioner based with the Superior Health Team. Cessation services are provided by a registered nurse or pharmacist with advanced training in smoking cessation counseling and options for Nicotine Replacement Therapy are available.

**Ask your Superior Family Health Team provider to refer you to our cessation services  
or call (705) 253-6599**

## **CANADIAN CANCER SOCIETY**

[www.smokershelpline.ca](http://www.smokershelpline.ca)

- The Canadian Cancer Society *Smokers' Helpline* (SHL) is a free, confidential, service that provides personalized support and advice, as well as information about quitting smoking and tobacco use. By telephone you can talk to a quit specialist for free confidential one to one support. On-line service provides free 24/7 access to a supportive community and self help program where you can monitor your progress with your quit meter. A text messaging service lets you receive helpful messages for up to 13 weeks, depending on your quit date. **Anyone**, anywhere in Ontario who wants to quit or wants to remain smoke-free, can use SHL.

**Call 1-877-513-5333 SMOKER'S HELPLINE**

**Your local pharmacist is also a part of the integrated healthcare team available to provide valuable support for quitting smoking.**

## LEAVE THE PACK BEHIND

### Sault College

443 Northern Ave E

[www.leavethepackbehind.org/sault](http://www.leavethepackbehind.org/sault)

- Sault College's LEAVE THE PACK BEHIND (LTPB) is an open-minded, campus-based program about tobacco and smoking for young adults. The program provides information for students who do or don't want to quit, runs an annual quit contest, and provides carbon monoxide testing. Supports for College staff are also available. LTPB understands it can be difficult to quit smoking; it's a personal choice to smoke or quit and that when you choose to quit you want a plan to do it your way.

## SMOKEBUSTERS

### Canadian Mental Health Association (CMHA)

386 Queen Street East, Sault Ste. Marie, ON P6A 1Z1

[www.cmha.ca](http://www.cmha.ca)

- This program provides an approach to help people with a mental illness to move closer to a smoke-free lifestyle. Smoker's Helpline fax back referral service is also offered.

**Call: 705-759-0458 Ext. 222**

## PREGNETS.ORG

[www.pregnets.org](http://www.pregnets.org)

- Pregnets is a program to increase the capacity of pregnant and postpartum women to quit smoking using a woman centred model of care
- The Pregnets website hosts the most up-to-date information on smoking cessation practices for pregnant and postpartum women, a printer-friendly [Nicotine Dependency Test](#) and an anonymous [Online Discussion Board](#).

## STOP SMOKING AIDS

### NICOTINE REPLACEMENT THERAPY

Gums (i.e. Nicorette), Patches (i.e. Nicoderm, Habitrol), Inhaler (i.e. Nicorette)

[www.nicorette.ca](http://www.nicorette.ca) 1-866-311-5655

[www.nicoderm.ca](http://www.nicoderm.ca) or <http://yourjourney.nicoderm.ca>

[www.habitrol.com](http://www.habitrol.com) 1-888-227-5777 Monday – Friday 8:00 a.m.-10:00 p.m

### NON-NICOTINE THERAPY

- Zyban (Bupropion) *by prescription only*  
1-800-489-8424 (for ZYBAN) support line 24-hour 7 days a week  
[www.zybannet.com](http://www.zybannet.com)
- CHAMPIX by prescription only  
Pfizer Canada [www.pfizer.ca](http://www.pfizer.ca)  
Medication Information 1-800-463-6001



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