Grey Bruce Public Health

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

WHAT YOU NEED TO KNOW

START

Do you have a family doctor or nurse practitioner?

YES

Does your healthcare practitioner belong to:

- Family Health Team
- Community Health Centre

NO

Contact your healthcare provider to register in their program.

YES

Please see reverse side of this document for free, self-guided access to Nicotine Replacement Therapy (NRT) such as nicotine patches, gum, lozenges, etc.

NO

Do you have health benefits?

- OHIP+, Workplace
- Non-Insured Health Benefits, Ontario Drug Benefit

YES

Many benefit plans cover prescription medication (Champix/Zyban) or nicotine replacement products like patches, logenzes, gum, etc, including the Non-Insured benefit plan for First Nations and Inuit peoples.

- They can be prescribed by a doctor, nurse practitioner, or pharmacist.

NO

If none of the above applies to you, you please see the reverse side of this document for free, self-guided access to Nicotine Replacement Therapy (NRT).

Grey Bruce Public Health's website also contains information on where to access quitting supports.

https://www.publichealthgreybruce.on.ca/Your-Health/Smoke-and-Vape-Free-Living

General Self-Help Materials:

Don't Quit Quitting:

- www.DontQuitQuitting.ca

Smoker's Helpline:

- www.SmokersHelpLine.ca or text iQuit to 123456

Talk Tobacco:

- www.TalkTobacco.ca 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

Youth Vast Program

12 - 21 years of age with virtual counselling available. Register at www.WeHearYou.ca

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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**

Grey Bruce Public Health

- Quit supports offered to Secondary Students through School Health Centres: **text 519-375-2006 or call 519 376-9420 ext 3110**
- HBHC program clients speak with your Public Health Nurse.

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*

6 weeks of NRT mailed to your door. Visit www.StopOnTheNet.ca

Ottawa Model for Smoking Cessation

6 weeks of NRT mailed to your door. Leave a message at 1-888-645-5405 to enroll