

For more information contact

Toronto Public Health Quit Smoking Resources:
www.toronto.ca/health

Toronto Health Connection: 416-338-7600

Quit Smoking



Resources

*The labyrinth is a symbol of one's journey through life.
Toronto Public Health can help you
in your journey to quit smoking.*



*“The labyrinth is an ancient symbol
of pilgrimage and of one’s journey through life.*

*The Toronto Labyrinth Community Network
invites you to walk the labyrinth
located just west of the Eaton’s Centre
by the Church of the Holy Trinity.”*

Thinking About Quitting?

There are a variety of programs and methods for quitting smoking because different methods work for different individuals. Research shows that smoking cessation is most successful when the psychological and physical aspects of smoking addiction are addressed together. Social support, appropriate information and relapse prevention are important aspects of any smoking cessation program.

The first step may be to talk to your health care provider. This booklet lists some smoking cessation programs that are available to people in Toronto.

Quit Smoking Resources is available on the Toronto Public Health web site www.toronto.ca/health

For more information call Toronto Health Connection 416-338-7600.

Inclusion on this list does not necessarily indicate endorsement by Toronto Public Health. This list has been produced to inform the public about quit smoking resources available in the community.

Free Programs

- **Centre for Addiction & Mental Health**

Nicotine Dependence Clinic. Services offered for persons whose primary concern is smoking, as well as specialized services for persons who are dealing with mental health or substance use concerns and would like treatment for their smoking. Treatment is tailored to fit individual needs. Options include individual counselling, support groups and medical intervention. Clinic staff consists of therapists, nurses and physicians. An initial assessment interview is required to access treatment. All treatment is free with a valid Ontario Health Card. There may be an additional cost for medications. Subsidized nicotine replacement therapy (NRT) is available. Program is available tailored to the needs of pregnant women. Services are offered at the following sites, and assessment interviews can be booked directly by calling:

ARF Site 416-535-8501 ext. 6662
33 Russell Street www.camh.net

Donwoods Site 416-535-8501 ext. 7057
175 Brentcliffe Road www.camh.net

Queen Street Site 416-535-8501 ext. 1155
1001 Queen Street West www.camh.net
(for inpatients or outpatients at the Queen Street site of CAMH)

- **Bent On Quitting – Rainbow Tobacco Intervention Project**

A quit smoking group for lesbian, gay, bisexual, transgender, and queer (LGTBQ) communities in Toronto. The support group runs during the evening hours for 8 weeks. Professionals trained in smoking cessation facilitate the group. Individuals interested in participating in the group, or who require additional information, may contact:

Sherbourne Health Centre 416-324-4180

Toronto Health Connection 416-338-7600

- **Quit for Life Clinic – St. Joseph’s Health Centre**

Smoking cessation clinic. One-on-one with doctor. All smokers are welcome. Also offer services for pregnant smokers. Self-referrals are welcome. Family Medicine Clinic, Ground Floor, East Wing. Free with OHIP coverage.

30 The Queensway416-530-6860

- **The Toronto Western Hospital, University Health Network – Pulmonary Rehabilitation Clinic**

Individual counselling with a nurse. Primarily for people with chronic lung and heart diseases. Interpreting services available in Portuguese, Cantonese, Mandarin, Italian and Vietnamese. Free with OHIP coverage.

399 Bathurst Street416-603-5890

- **The Quit Clinic**

Physician counselling service including cardiovascular disease screening and rehabilitation. Service available in English and Russian. Free with OHIP coverage.

4646 Dufferin Street, Unit 5416-222-6160

- **YMCA**

Youth Substance Abuse Program. Individual substance use counselling including nicotine use for youth ages 16-24. Harm reduction approach. Services available in English, French, Spanish and Portuguese. Free.

485 Queen Street W. 3rd fl.416-504-1710 ext. 206

3160 Eglinton Ave. E. 2nd fl.1-877-602-9727

Self Help

- **Canadian Cancer Society of Ontario**

Self-help booklets, "One Step at a Time". Online calculator of savings earned by quitting.

Smokers' Helpline 1-877-513-5333

www.cancer.ca

- **Heart and Stroke Foundation of Ontario**

Pamphlets with information about the harmful effects of tobacco use. 1-888-473-4636 or 416-489-7111

www.heartandstroke.ca

- **How Not To Smoke**

Video and help book for women who want to quit smoking. Easy to read and do in your own home. Available through the Toronto Public Library system.

www.tpl.toronto.on.ca 416-393-7131

- **Ontario Lung Association**

Self-help guide "Get on Track" and other helpful pamphlets. Free. 1-800-972-2636

www.on.lung.ca

- **Toronto Public Health**

Various self-help materials available such as pamphlets and booklets. Free. 416-338-7600

www.toronto.ca/health

- **ZybanPlus**

Self-help booklet "Make This Another Smoke-Free Day" for people taking Zyban. Call to register for additional support or information. 1-800-489-8424

www.zybannet.com

Products

- **Nicotine Gum and Patch**

Available over-the-counter. Best used with support program. Consult with your healthcare professional about recommendations for use.

- **Zyban**

Nicotine-free drug. Prescribed by your doctor and best used with a support program.

- **More information about products**

Go to Health Canada's www.gosmokefree.ca web site. Look under the Quitting title.

www.hc-sc.gc.ca/hecs-secs/tobacco/quitting/road/nrt

Telephone Help Lines

- **Smokers' Helpline, Canadian Cancer Society**

Confidential one-to-one information, advice and support on smoking cessation. Services in English and French. Monday to Thursday 8:00 a.m. to 9:00 p.m., Friday 8:00 a.m. to 6:00 p.m., and Saturday and Sunday 9:00 a.m. to 5:00 p.m. Free . . . 1-877-513-5333

www.cancer.ca/smokershelpline

- **Habitrol**

Registered Nurses available from 8:00 a.m. to 10:00 p.m. to provide information for people using nicotine replacement products.

Toll free number 1-888-227-5777

www.habitrol.ca

- **Nicoderm**

Talk to a healthcare professional trained in smoking cessation 24 hours/day, 7 days/week.

Toll free number 1-866-311-5659

www.nicoderm.ca

- **Zyban Plus**

Information for people using Zyban. Registered Nurses available 24 hours/day, 7 days/week to answer questions about cessation.

Toll free number 1-800-489-8424

www.zybannet.com

Web sites – General

- **Gosmokefree**

Health Canada. Information about tobacco use and quitting smoking.

www.gosmokefree.ca

- **Health Canada – E-Quit**

Health Canada web site sends daily messages for 8 weeks to help you in the quitting process.

www.hc-sc.gc.ca/hecs-sesc/tobacco/quitting/e-quit

- **I-Quit Online**

Interactive quitting web site developed for Southward Council & Smoke Free Staffordshire (England).

www.iqitonline.com

- **Quit Now**

Quit smoking resources, including self-help “Quitting Guide,” email support, and interactive chat with counsellors.

www.quitnow.ca

- **Smokers’ Helpline Online**

Includes daily email support, and an interactive web-based quit program. Available in English and French.

www.cancer.ca/smokershelpline

- **Smoker’s Risk**

Learn about your own risk and the benefits of quitting now.

www.cancercontrol.cancer.gov/tcrb/smokersrisk

- **Stop-Tabac**

University of Geneva interactive web site. Service in English, German, Danish, Italian, French, Georgian, Serbo-Croatian, Spanish and Chinese.

www.stop-tabac.ch

- **The Stop Smoking Center**

Interactive web site helps you create a custom quit plan. Includes support group moderated by nurses to help you stay quit. Free.

www.stopsmokingcenter.net

- **The Quit Coach**

Interactive web site developed at the Cancer Council Victoria, Australia.

www.thequitcoach.org.au

- **Tips to Quit Smoking**

Toronto Public Health tips to help you through the process of quitting. Pamphlet "Handling Withdrawal Symptoms" will soon be available in 17 languages on this web site.

www.toronto.ca/health/quit_smoking.htm

Web sites – LGBT

- **Gay American Smoke Out**

An opportunity for lesbian, gay, bisexual, and transgender (LGBT) individuals to challenge themselves to quit smoking.

www.gaysmokeout.net

- **Proud To Quit**

A quit site for gay, lesbian, bisexual, and transgender smokers. Includes information about the quitting process and stop smoking aids, as well as a downloadable quit kit.

www.proudtoquit.ca

Web sites – Pregnancy

- **Motherisk**

Offers information to pregnant and breastfeeding women, their families and healthcare providers.

Also provides telephone counselling services.

Free 1-877-327-4636

www.motherisk.org

- **Pregnets**

Information about smoking and pregnancy for pregnant women and healthcare providers.

Online support group.

www.pregnets.org

- **Centre for Addiction & Mental Health**

Nicotine Dependence Clinic. Program is available tailored to the needs of pregnant women. Services are offered at the following sites, and assessment interviews can be booked directly by calling:

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Web sites – Youth

- **Quit4Life**

Health Canada. Information about quitting smoking for ages 12-18. French and English.

www.quit4life.com

- **Smoking Zine**

TeenNet at University of Toronto. Games and quizzes help youth understand why they smoke and why they would want to stop. Languages include: English, French, Simplified Chinese and Traditional Chinese.

www.smokingzine.org

Web sites – Professionals

- **Centres for Disease Control**

Provides evidence-based treatment information, as well as educational materials and extensive links to other sites.

www.cdc.gov/tobacco

- **Treatobacco**

Society for Research on Nicotine and Tobacco and the World Health Organization presents evidence-based information on the treatment of tobacco dependence. Available in 11 languages.

www.treatobacco.net

Tips for quitting smoking

• Deciding to quit

Think

- of reasons you have for quitting;
- how else you'll spend your money;
- how good you'll feel about yourself;
- how much better your clothes will smell;
- how much fresher your breath will be!

Your reasons for quitting are your own. Decide for yourself and go Tobacco-Free!

• Preparing to quit

- set a target date;
- ask your friends and family for support;
- throw out your cigarettes, matches, ashtrays;
- be aware that you may be tempted to smoke. Plan ahead so you don't give in.

• Tackling quit day

- avoid situations where you may be tempted to smoke;
- drink juice for a pick-me-up;
- say "no" when you are offered a cigarette;
- call your friends when you have a sudden urge to smoke;
- do something special at the end of the day. Reward yourself!

• Tackling the urge for a cigarette

- chew sugarless gum instead of smoking;
- freshen your breath, have a sugar-free candy;
- keep your hands busy, doodle or play a game;
- brush your teeth;
- feel good about yourself for quitting. Share your news with a friend.

• Staying tobacco free

- add up all the money you have saved...
Treat yourself!
- Feel the benefits of quitting. Challenge yourself to remain Tobacco Free!

Tackling tobacco takes time. It is not always easy. If you don't make it this time, don't give up. Quit again! You may consider these tips for cutting down if you are not yet ready to quit.

Help a friend to quit smoking

- Give your friend support, advice and your time to help them through the rough spots.
- If your friend is worried about gaining weight, help them plan to eat healthy and be physically active.
- Suggest your friend prepare "get through the urges" packages of carrot sticks, sugarless gum, toothpicks, celery, juices, fresh fruit, cinnamon sticks or popcorn.
- Plan something special to do with your friend on quit day, e.g. go to a movie.
- Help your friend to be hopeful. Make lists of the good effects of not smoking.

For more information on quitting smoking please call Toronto Health Connection at 416-338-7600

