

## Help to Quit Smoking and Vaping

ORILLIA AND AREA	
Organization	What they offer
<b>Simcoe Muskoka District Health Unit</b> Health Connection 705-721-7520 or 1-877-721-7520 <a href="http://www.simcoemuskothealth.org">www.simcoemuskothealth.org</a>	<ul style="list-style-type: none"> <li>Telephone consultation with a nurse for help to navigate local resources and no cost Nicotine Replacement Therapy available in the community and provincially.</li> </ul>
<b>Couchiching Ontario Health Team CARE CLINIC</b> Kiwanis Building 170 Colborne Street West Orillia, ON L3V2Z3 705-325-2201 ext. 8250 <a href="http://www.osmh.on.ca/couchiching-oh-t-care-clinic">www.osmh.on.ca/couchiching-oh-t-care-clinic</a>	<ul style="list-style-type: none"> <li>Available to clients of the Care Clinic.</li> <li>STOP program – See STOP entry below for more details.</li> </ul>
<b>Couchiching Family Health Team</b> 119 Memorial Avenue Orillia, ON L3V 5X1 705-329-3649 ext. 397 <a href="http://www.cfht.ca">www.cfht.ca</a>	<ul style="list-style-type: none"> <li>Available to clients of the CFHT.</li> <li>STOP Program – See STOP entry below for more details.</li> </ul>
<b>CHIGAMIK Community Health Centre</b> 287 Bayshore Drive Midland, ON L4R 1L3 705-527-4154 <a href="http://www.chigamik.ca">www.chigamik.ca</a>	<ul style="list-style-type: none"> <li>Available to all community members 16 years of age or older within the Simcoe Muskoka catchment area.</li> <li>Chigamik Quit Café is an in-person smoking cessation support group.</li> <li>STOP Program – See STOP entry below for more details.</li> </ul>
<b>Huronian Nurse Practitioner-Led Clinic</b> 3331 Line 4 North Oro-Medonte, ON L0L 2L0 705-835-7545 <a href="http://www.huronianplc.ca">www.huronianplc.ca</a>	<ul style="list-style-type: none"> <li>Available to registered clients of the clinic.</li> <li>STOP Program – See STOP entry below for more details.</li> </ul>
<b>Rama Health Centre</b> 4142 Yellowhead Trail Rama, ON L3V 6H6 705-325-3611 ext. 1600	<ul style="list-style-type: none"> <li>Available to band members and individuals living on the reserve.</li> <li>STOP Program – See STOP entry below for more details.</li> </ul>
REGIONAL AND PROVINCIAL	
<b>Centre for Addiction and Mental Health (CAMH)</b> 1-800-463-2338 <a href="http://www.camh.ca">www.camh.ca</a>	<ul style="list-style-type: none"> <li>Download My Change Plan Booklet <a href="https://www.nicotinedependenceclinic.com/en/teach/Documents/MyChangePlanEdition8.pdf">https://www.nicotinedependenceclinic.com/en/teach/Documents/MyChangePlanEdition8.pdf</a>.</li> <li>Download the NDS Change Plan Phone App on <a href="#">Google Play</a> or the <a href="#">Apple Store</a> (from your iOS device).</li> </ul>
<b>Ottawa Model for Smoking Cessation Community Support</b> 1-888-645-5405 <a href="mailto:OMSC@OTTAWAHEART.CA">OMSC@OTTAWAHEART.CA</a>	<ul style="list-style-type: none"> <li>Open to residents 18 years or older.</li> <li>Includes a telephone consult with a Nicotine Addiction Treatment Specialist and 6 weeks no cost Nicotine Replacement Therapy.</li> <li>Monthly follow up with option for live counselling.</li> </ul>
<b>STOP: STOP Smoking Treatment for Ontario Patients</b> <a href="http://www.nicotinedependenceclinic.com/English/stop/">www.nicotinedependenceclinic.com/English/stop/</a>	<ul style="list-style-type: none"> <li>Available through participating health care providers in partnership with the Centre for Addiction and Mental Health.</li> <li>No-cost Nicotine Replacement Therapy and cessation counselling is available to enrolled participants.</li> </ul>
<b>STOP on the Net (SOTN) Online Research Program</b> <a href="http://www.nicotinedependenceclinic.com/en/stop/stop-on-the-net">www.nicotinedependenceclinic.com/en/stop/stop-on-the-net</a>	<ul style="list-style-type: none"> <li>Available to eligible individuals 18 years and older.</li> <li>The program provides 10 weeks of treatment including nicotine patches and gum or lozenges (participant's choice), delivered to the participant's address.</li> <li>Participants that enroll in SOTN will NOT be eligible to enroll in any regular STOP program for 12 months following their enrollment date. Anyone enrolled in a regular STOP program will not be eligible to enroll in SOTN for 12 months following their enrollment date.</li> </ul>

<p><b>Health811</b>  English website: <a href="http://www.Ontario.ca/Health811">www.Ontario.ca/Health811</a>  French website: <a href="http://www.Ontario.ca/Sante811">www.Ontario.ca/Sante811</a>  Call 811 or TTY 1-866-797-0007</p>	<ul style="list-style-type: none"> <li>• Smoking cessation support and translation services that support over 300 languages.</li> <li>• Quit Care Coach between 10 a.m. and 10 p.m. daily.</li> <li>• Access to Care Coach Assistants 24 hours a day, seven days a week.</li> </ul>
<p><b>Smokers' Helpline</b>  <a href="http://www.smokershelpline.ca">www.smokershelpline.ca</a></p>	<ul style="list-style-type: none"> <li>• Online tools, email, and text messaging, live chat by text available through <a href="http://smokershelpline.ca">smokershelpline.ca</a> and directly by texting iQuit to 123456.</li> <li>• Available 24/7.</li> </ul>
<p><b>Talk Tobacco</b>  <a href="https://www.smokershelpline.ca/talktobacco/about">https://www.smokershelpline.ca/talktobacco/about</a>  1-833-998-8255 (TALK)</p>	<ul style="list-style-type: none"> <li>• A free, confidential telephone service offering information about quitting smoking, vaping, and commercial tobacco use to Indigenous communities.</li> <li>• Interpreter services available in Indigenous languages.</li> </ul>
<p><b>Smokers' Helpline Trial Offer</b>  <a href="https://www.smokershelpline.ca/trial-pack/trial-offer">https://www.smokershelpline.ca/trial-pack/trial-offer</a></p>	<ul style="list-style-type: none"> <li>• Eligible participants may be sent 2 NICODERM® Step 1 patches, 15 NICORETTE® Gums (4 mg), and a discount coupon for \$10.</li> </ul>
<p><b>Expand Project</b>  <a href="https://www.expandproject.ca/s/nrt-page?language=en_US">https://www.expandproject.ca/s/nrt-page?language=en_US</a></p>	<ul style="list-style-type: none"> <li>• Available to Queer and Trans young people 18-24 years.</li> <li>• 4-week trial pack of Nicotine Replacement Therapy mailed to client address.</li> <li>• On-line chat with a quit coach.</li> </ul>
<p><b>Ontario Health Insurance Plan (OHIP+)</b>  <a href="http://www.ontario.ca/page/learn-about-ohip-plus">www.ontario.ca/page/learn-about-ohip-plus</a></p>	<ul style="list-style-type: none"> <li>• Provides quit smoking help if you are not covered by a private plan: <ul style="list-style-type: none"> <li>○ Up to a year of pharmacist-assisted counselling.</li> <li>○ No-cost smoking cessation medications (Champix or Zyban) for those 18 -24 years.</li> <li>○ OHIP card and a prescription are needed.</li> </ul> </li> </ul>
<p><b>Ontario Drug Benefit (ODB)</b>  1-866-811-9893  <a href="http://www.health.gov.on.ca/en/public/programs/drugs/programs/drugs/programs/odb/odb.aspx">www.health.gov.on.ca/en/public/programs/drugs/programs/drugs/programs/odb/odb.aspx</a></p>	<ul style="list-style-type: none"> <li>• No-cost prescription cessation medications Champix and Zyban.</li> </ul>
<p><b>Ontario Works (OW)</b>  <a href="http://www.mcass.gov.on.ca/en/mcass/programs/social/ow/">www.mcass.gov.on.ca/en/mcass/programs/social/ow/</a>  <b>Ontario Disability Support Program (ODSP)</b>  <a href="http://www.mcass.gov.on.ca/en/mcass/programs/social/odsp/">www.mcass.gov.on.ca/en/mcass/programs/social/odsp/</a></p>	<ul style="list-style-type: none"> <li>• People receiving OW or ODSP should speak to their case worker to learn about eligibility for no-cost Nicotine Replacement Therapy.</li> </ul>
<p><b>Non-Insured Health Benefits (NIHB) for First Nations and Inuit</b>  <a href="http://www.hc-sc.gc.ca/fnih-spniq/nihb-ssna/index-eng.php">www.hc-sc.gc.ca/fnih-spniq/nihb-ssna/index-eng.php</a></p>	<ul style="list-style-type: none"> <li>• Eligible First Nations and Inuit persons have coverage for Nicotine Replacement Therapy and prescription medications.</li> <li>• Talk to your health care provider or contact 1-800-640-0642.</li> </ul>
<p><b>Trillium Drug Program (TDP)</b>  <a href="http://www.health.gov.on.ca/en/public/programs/drugs/programs/odb/opdp_trillium.aspx">www.health.gov.on.ca/en/public/programs/drugs/programs/odb/opdp_trillium.aspx</a></p>	<ul style="list-style-type: none"> <li>• Prescription medication for smoking cessation may be covered for those enrolled.</li> </ul>
<b>OTHER</b>	
<p><b>Workplace Benefits</b></p>	<ul style="list-style-type: none"> <li>• Check benefit plan coverage.</li> </ul>
<p><b>Don't Quit Quitting</b>  <a href="https://dontquitquitting.ca/about-us/">https://dontquitquitting.ca/about-us/</a></p>	<ul style="list-style-type: none"> <li>• Find tips, tricks, and facts to guide you through your quit journey</li> </ul>
<p><b>QUASH</b>  <a href="http://www.quashapp.com">http://www.quashapp.com</a></p>	<ul style="list-style-type: none"> <li>• A judgement-free app to help young people quit smoking or vaping.</li> <li>• Available FREE on the App Store and Google Play.</li> </ul>