

Resources for Quitting Smoking

The following resource includes a list of programs and supports to help you with quitting smoking.

PLEASE NOTE: If you are interested in receiving additional treatment using Nicotine Replacement Therapy (NRT), you can re-enroll in the [STOP on the Net program](#) 6 months from the date of your original enrollment. If you are interested in joining the STOP Program, which offers up to 26 weeks of NRT and counselling from a healthcare provider, please contact your nearest primary care clinic (e.g., Family Health Team or Community Health Centre) to see if they offer the [STOP program](#).

Need help finding a program in your area?

Smokers Helpline Quit Map

Find local quit smoking programs. Enter your postal code to find quit smoking programs in your area: <https://csl.cancer.ca/smokershelpline/en/Search?Terms=&Location>

Looking for Free NRT or medication?

The University of Ottawa Heart Institute

OMSC (Ottawa Model for Smoking Cessation) Community Program: The community program was created for patients who do not have access to smoking cessation supports through their healthcare provider or cannot easily access smoking treatment and support. If approved, patients can receive up to 6 weeks of Nicotine Replacement Therapy products mailed to their homes. To access the program call: [1-888-645-5405](tel:1-888-645-5405) and leave a message with your name and contact information.

You can find more information on their website: <https://ottawamodel.ottawaheart.ca/omsc-services>

The Quit Smoking Program (QSP) is a nurse-led clinic that provides you with one-on-one support during your attempt to quit. This is a hospital-based program and may require in person visits. This program does not require a referral from a doctor. The cost is covered by OHIP. To register for the Quit Smoking Program, you can either call [613-696-7069](tel:613-696-7069) or e-mail quitsmoking@ottawaheart.ca.

For more information, go to their website: <https://pwc.ottawaheart.ca/programs-services/quitting-smoking/quit-smoking-program>

The Ontario Drug Benefit (ODB) program

For adults 65 years+ can help you pay for medication to quit and offers up to a year of pharmacist-assisted counselling to help you quit smoking. Check with your local Pharmacist to see if they have a Pharmacy Smoking Cessation program. <https://www.ontario.ca/page/get-coverage-prescription-drugs>

SmokersHelpline.ca

An online or text messaging-based resource that offers 24/7 access to motivational support and helpful tools for quitting smoking. (Occasionally runs promotion for free sample patches and coupon): <https://www.smokershelpline.ca/static/how-we-help>.

Self-Help Resources and Support

STOP program's self-help resources and other smoking cessation tools available on our website: [Self-help Resources](#) | [Nicotine Dependence Services \(nicotinedependenceclinic.com\)](#)

Health Canada's "Tips for Staying Smoke-Free" self-help resource

Provides several effective tips to remain smoke-free:

<https://www.canada.ca/content/dam/hc-sc/documents/services/publications/healthy-living/tips-staying-smoke-free-infographic/tips-staying-smoke-free-infographic.pdf>

Health 811 (Health Connect Ontario) 1-866-797-0000

Can provide you with individual support and assistance with quitting smoking over the phone. You can also check their website for self-help resources: <https://www.ontario.ca/page/support-quit-smoking>

MyQuit.ca

Quit smoking your way. The MyQuit program is designed to support anyone interested in quitting smoking or cutting back their tobacco use. The program is free of charge and is delivered by coaches who are trained in the latest techniques to help you successfully stop smoking. Talk to a quit specialist and get a personalized plan: <https://myquit.ca/>

On the Road to Quitting

A comprehensive downloadable guide, prepared by Health Canada, in partnership with other health organizations across Ontario, that gives you the information and skills you need to successfully stop smoking. This resource offers step-by-step guides on how to prepare for your quit and what to expect along the road to quitting. Download or order your guide to quitting for Adults, or for Youth.

<https://www.canada.ca/en/health-canada/services/publications/healthy-living/road-quitting-guide-becoming-non-smoker.html>

Canadian Cancer Society Programs

- **Talk Tobacco:** provides culturally appropriate support and information about quitting smoking, vaping and commercial tobacco use to First Nations, Inuit, Métis and urban Indigenous communities. Call [1-833-998-8255](tel:1-833-998-8255) (TALK) or text [CHANGE](sms:CHANGE) to [123456](tel:123456)
- **Smoke Free Curious:** is a national and bilingual tobacco cessation social marketing campaign that aims to motivate Canadian adult tobacco users aged 35-64 to quit or reduce their commercial tobacco use. (Offers a sample starter kit of NRT): <https://www.smokefreecurious.ca>
- **Indigenous Tobacco Program:** Self help resources and guides for First Nations, Inuit, Métis and urban Indigenous communities who want to quit smoking commercial tobacco. <https://tobacchowise.cancercareontario.ca/en/resources/community-members>

Smartphone Apps

MyChangePlan (MCP) App

This CAMH developed app helps you design a personalized quit plan, track your cigarettes smoked and cravings, and sends you motivational messages and reminders to keep you on track with your goals. Download the app on [Google Play](#) (Android) or the [Apple Store](#) (iOS), and learn more about the app [on our website](#).

Quash

Made by youth-for youth.

Free quit program for vaping and smoking that helps create a plan that works for you.

#StopVaping Challenge: Challenges you to go as long as you can without vaping.

Track your cravings and moods, earn badges and challenge your friends. www.quashapp.com