

Help to Quit Smoking and Vaping

ORILLIA AND AREA	
Organization	What they offer
Simcoe Muskoka District Health Unit (SMDHU) 705-721-7520 or 1-877-721-7520 www.simcoemuskokahealth.org	❖ Available Simcoe Muskoka community and provincial resources are listed below. For additional information or assistance call 811.
Couchiching Family Health Team (CFHT) 119 Memorial Avenue Orillia, ON L3V 5X1 705-329-3649 ext. 218 www.cfht.ca	❖ Available to registered clients of the CFHT. ❖ STOP Program - See STOP entry below for more details.
CHIGAMIK Community Health Centre 287 Bayshore Drive Midland, ON L4R 1L3 705-527-4154 www.chigamik.ca	❖ Open to all community members 16 years of age or older within the Simcoe-Muskoka catchment area. 12-16 years of age with parental consent. ❖ Chigamik Quit Café is an in-person smoking/vaping cessation support group. ❖ No registration required. Thursdays only 10:00 - 11:00. ❖ STOP Program - See STOP entry below for more details.
Huronia Nurse Practitioner-Led Clinic 3331 Line 4 North Oro-Medonte, ON L0L 2L0 705-835-7545 www.huronianplc.ca	❖ Available to registered clients of the clinic. ❖ STOP Program - See STOP entry below for more details.
Mamaway Wiidokdaadwin 125 Bell Farm Road, Suite 200 Barrie, ON 705-721-9554 ----- Orillia Clinic: 705-259-9520 210 Memorial Ave. Suite 112, Orillia, ON www.mamaway.ca	❖ Available to registered clients of the Mamaway Wiidokdaadwin Primary Care Team. ❖ STOP Program - See STOP entry below for more details.
Rama Health Centre 6036 Rama Rd, 2 nd Fl Rama, ON, L3V 6H6 705-325-3611 ext. 1601 https://www.ramafirstnation.ca/rama-health/	❖ Available to band members and individuals living on the reserve. ❖ STOP Program - See STOP entry below for more details.
REGIONAL AND PROVINCIAL	
Centre for Addiction and Mental Health (CAMH) 1-800-463-2338 www.camh.ca	❖ Download My Change Plan Booklet https://www.nicotinedependenceclinic.com/en/teach/Documents/MyChangePlanEdition8.pdf . ❖ Download the NDS Change Plan Phone App on Google Play or the Apple Store (from your iOS device).
Ottawa Model for Smoking Cessation Community Support 1-888-645-5405 OMSC@OTTAWAHEART.CA	❖ Open to residents 18 years or older. ❖ Includes a telephone consult with a Nicotine Addiction Treatment Specialist and 6 weeks no cost Nicotine Replacement Therapy. ❖ Monthly follow up with option for live counselling.
STOP: STOP Smoking Treatment for Ontario Patients www.nicotinedependenceclinic.com/English/stop/	❖ Available through participating health care providers in partnership with the Centre for Addiction and Mental Health. ❖ No-cost Nicotine Replacement Therapy and cessation counselling is available to enrolled participants.
STOP on the Net (SOTN) Online Research Program www.nicotinedependenceclinic.com/en/stop/stop-on-the-net	❖ Available to eligible individuals 18 years and older. ❖ The program provides 10 weeks of treatment including nicotine patches and gum or lozenges (participant's choice), delivered to the participant's address. ❖ Participants that enroll in SOTN will NOT be eligible to enroll in any regular STOP program for 6 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.

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