



You only need one reason to quit. We have three ways to help.

Smokers' Helpline has proven tips and tools to help you quit tobacco use. We have three ways for you to get free, personalized and non-judgmental support, advice and information that can improve your chance for success.

You can quit! We can help.

Phone Support



Online Program



Text Messaging



smokers' helpline

CONNECT TO QUIT

smokershelpline.ca

1 877 513-5333



Canadian Cancer Society / Société canadienne du cancer



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