

YOU CAN QUIT.

WE CAN HELP.

“ I just celebrated **four years smoke-free**. If you are thinking about quitting, **Smokers' Helpline** is the way to go. It will be one of the best choices you will make for yourself. Thank you, **Smokers' Helpline**, for supporting me - and all of us! ”

~Lisa

PHONE*: 1-877-513-5333

Each person who calls is treated with warmth and respect. Once you connect with a Quit Coach they will...

- Assist you in creating a personalized quit plan
- Help you cope with cravings and withdrawal symptoms
- Provide information on resources in your community

*Ask for an interpreter in one of more than 100 languages so you can speak in the language you are most comfortable.

ONLINE: SmokersHelpline.ca

The online community is filled with people just like you and is open 24 hours a day, 7 days a week. Once you register you can...

- Share your experiences and chat with other people in the online forums
- Work through helpful exercises tied to the milestones of your quit journey
- Draw inspiration from the successes of other quitters

TEXT*: To register text 'iQuit' to the number 123456

As soon as you sign up you can expect...

- To receive support on the go with text messages based on your quit date
- A set of keywords that you can text us when you need extra inspiration

*Available to Ontario residents only.
Text messaging rates from your provider may apply

FREE RESOURCES

Every quit attempt is an opportunity to learn. Don't quit quitting, stay in touch so you don't miss out on...

- Free self-help booklets
- Contests you can enter to quit & win prizes
- Knowing where and how you can access nicotine replacement therapy (e.g. gum or patch)

It is never
too late to
QUIT!



CALL US 7 DAYS A WEEK

Monday to Thursday: 8 a.m. - 9 p.m. ET (7 a.m. - 8 p.m. CT)

Friday: 8 a.m. - 6 p.m. ET (7 a.m. - 5 p.m. CT)

Weekends: 9 a.m. - 5 p.m. ET (8 a.m. - 4 p.m. CT)