



Congratulations on taking this step toward being smoke-free!

A referral has been sent, with your consent, to Smokers' Helpline. A non-judgemental Quit Coach will call soon to give you personalized and free support.

To get started before we call, you can:

- Visit **SmokersHelpline.ca** to find an active online community, a self-directed quit program, and to receive supportive text messages
- Call us at **1-877-513-5333**

Quitlines like Smokers' Helpline can more than double your chance of quitting successfully.

You can do it. We can help.

smokers' helpline

1-877-513-5333 smokershelpline.ca



Canadian
Cancer
Society



Why Pick Up The Phone?



Learn to cope

with cravings and withdrawal symptoms



Get support

to develop a personalized quit plan



Speak with a Quit Coach

at a time of day that works for you



Get practical tips

for dealing with slips and relapses



Access more resources

in your community



Request self-help booklets

to be sent to you by mail
(or find them online)



Use the interpreter service

in more than 100 languages

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