

smokers' helpline

FREE* TEXT SUPPORT

We can help you quit smoking, vaping, or both!



TEXT iQuit TO 123456

Receive supportive
text messages while
you are on-the-go!

For extra support
text the word **CHAT**
to text one-on-one
with a Quit Coach

*Available only to residents of Ontario, Saskatchewan, and Manitoba. This is a free service. You will NOT be charged text message fees.



Canadian
Cancer
Society

IT IS NEVER TOO LATE TO QUIT!

Call us 7 days a week: 1-877-513-5333

smokershelpline@ontario.cancer.ca

SmokersHelpline.ca

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