



talk tobacco

Indigenous Quit Smoking and Vaping Support

Thinking of quitting smoking or vaping?

Talk Tobacco offers culturally appropriate support about quitting smoking, vaping and commercial tobacco use to First Nations, Inuit, Métis and urban Indigenous communities.



PHONE SUPPORT

1-833-998-8255



TEXT SUPPORT

Text CHANGE to 123456



LIVE CHAT

on talktobacco.ca

“ Listen and accept the help and know you’re not alone. ”
Mark, Talk Tobacco client



Mon – Thurs: 8:00am – 9:00pm
Fri: 8:00am – 6:00pm
Sat & Sun: 9:00am – 5:00pm
Statutory Holidays: Closed

1-833-998-8255
talktobacco.ca
talktobacco@cancer.ca

FREE AND CONFIDENTIAL



Canadian Cancer Society

CANADIAN PARTNERSHIP AGAINST CANCER



PARTENARIAT CANADIEN CONTRE LE CANCER



Ontario Health
Cancer Care Ontario

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