

# Your **QuitSmoking** journey starts here!

Discover the **FREE** resources available to help you



The path to quitting looks different for everyone. What works for some people won't work for others. For many people, it takes multiple quitting attempts to succeed.

The good news is that your odds of success increase with every quitting effort. **FREE** resources are available to help you find your way. Whether the best route for you is telephone or online support, medication, counseling or a combination of these, there's never been a better time to start your quit smoking journey.



## Start here!

Unsure what the right first step is for you? **Smokershelpline.ca** offers support through tools, an online community, email and a text messaging program  
**(text iQuit to 123456)**

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## For Everyone

### Smokers' Helpline:

Offering **FREE** support through tools, an online community, email and a text messaging program. Visit [smokershelpline.ca](http://smokershelpline.ca) or text **iQuit to 123456**.

### Telehealth Ontario:

**FREE**, confidential telephone-based smoking cessation support is available by calling toll-free **1-866-797-0000**.

### Family doctor:

Talk to your healthcare practitioner about the options available to you. If you are a patient of one of Peel's nine Family Health Teams or Community Health Centres, both cessation counselling and nicotine replacement therapy are available at no cost.

## For pregnant women

### Prevention of Gestational and Neonatal Exposure to Tobacco Smoke (Pregnets):

A supportive resource and community discussion board focused exclusively on your needs as a pregnant woman and new mom. Visit [Pregnets.org](http://Pregnets.org)

## For Ontario drug benefit (ODB) recipients

### Champix® and Zyban® Coverage:

Patients who qualify for ODB may be eligible for free medication with a prescription from a physician or pharmacist.

### Pharmacy Smoking Cessation Program:

ODB recipients may be eligible for free counselling or medications prescribed by a trained pharmacist. Contact your local pharmacy for details.

## For youth and young adults

### OHIP +:

If you're 24 and under with an OHIP card, free counselling and medication is available at no cost through local pharmacies. Contact your local pharmacy for details.

### Youth Substance Abuse Program (YSAP) of Peel:

Free substance use counselling for youth ages 14-24. Call the Intake Line at **905-276-9329**.

## For registered first nations and inuit

### The Non-Insured Health Benefits (NIHB) Program:

Provides free prescription medications and up to 26 weeks of nicotine replacement therapy (i.e. the patch, gum, inhaler and/or lozenges) for those who qualify.

## Additional resources

### Private health insurance:

Find out what supports may be covered under your insurance plan.

### Employee benefits:

Are you employed? Check your employee benefits to see if support is available under an Employee Assistance Plan (EAP).

For more information call the **Region of Peel** at **905-799-7700**.